



### **Look to PRCS for Your After** School Care Needs!

CASA (County After School Activities Program) is a statelicensed program for elementary students age 5 – grade 5. We currently serve over 1000 children from elementary schools throughout Loudoun County.

YAS (Youth After School Program) is designed for middle school students in grades 6-8. YAS is available at middle schools in the county.

For more information, refer to the Licensed Programs section in this guide or visit www.loudoun.gov/prcs.

#### **CASA & YAS Offer:**

A safe, healthy environment Challenging, innovative activities Guidance by experienced staff Sports, Games, Arts & Crafts, Music, Drama, & Life Skills Quiet time for reading & homework Special Events & LOTS of FUN!

Bluemont Fair Oktoberfest Dinner Autumn Arts & Crafts Festival Antique & Classic Auto Fair Sterlingfest Fall Farm Color Tour Autumn Apple Festival Fall Festival Barkfest 2008 CMP Birthday Celebration

Evening of Family Halloween Fun Haunted Halloween Fest & Candy Run Flashlight Candy Hunt & Costume Contest Halloween Hay Ride Halloween Family Movie Night Doggy Howl-o-ween Family Scarecrow Construction Halloween Costume Party Halloween Storyfest Halloween Trunk or Treat Halloween Party & Dance Hot Dog It's Halloween Trunk or Treat

October 17 October 18 October 24 October 24 October 25 October 25 October 28 October 28 October 30 October 31 October 31 October 31 October 31

September 20-21

September 26

September 27

September 28

October 18-19

October 11

October 25

October 25

November I

**Bluemont Community Center** Lovettsville Community Center Claude Moore Park Lucketts Community Center Sterling Community Center Heritage Farm Musuem Heritage Farm Museum Carver Center Franklin Park November 15 Claude Moore Park Visitors' Center

> Lucketts Community Center Dulles South Multipurpose Center Claude Moore Community Center Philomont Community Center Douglass Community Center Claude Moore Community Center Loudoun Valley Community Center Leesburg Senior Center Claude Moore Park Franklin Park Senior Center at Cascades Middleburg Community Center Lovettsville Community Center

Turn to the Special Events section of this guide,

or visit www.loudoun.gov/prcs to learn more about these and other fabulous fall festivities!

# WHAT'S INSIDE

Classes, Events & Activities: 9/1/08 to 11/30/08

General Registration Begins: Aug. 21, 2008

Registration for Senior Activities (only) Begins: Aug. 20, 2008

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Front Cover: Claude Moore Park Autumn Festival; Carver Center Halloween Party.

For Complete Activity Information and Registration, visit www.loudoun.gov/prcs.

#### **GENERAL INFORMATION: WHAT YOU NEED TO KNOW ABOUT ...**

Activities for the following locations are

arranged by category and/or age group:

(Leesburg)......27

Banshee Reeks Nature Preserve

#### **GENERAL REGISTRATION**

Online, phone and walk-in registration for senior activities only begins at 9:00AM on 8/20/08 for County residents. Online and phone registration for all activities begins at 12:01AM on 8/21/08 for County residents using WebTrac or TeleTrac. Walk-in registration at any PRCS facility for County residents begins on 8/21/08 when the facility opens; in other words, during normal business hours for each location. Online and phone registration begins at 12:01AM on 8/28/08 for non-residents (including seniors) using WebTrac or TeleTrac. Walk-in registration at PRCS facilities for non-residents (including seniors) begins on 8/28/08 when the facilities open; in other words, during normal business hours for each location.

#### **MAIL-IN REGISTRATION**

Send a completed registration form and payment to the PRCS administrative office at 215 Depot Court, SE, Leesburg, VA 20175. An activity registration form is included in this guide. Forms can also be downloaded from www.loudoun.gov/prcs. Mail-in registrations are processed on a random basis, beginning at 8:30AM on 8/21/08.

#### **ON-LINE REGISTRATION**

Webtrac is an online registration system that allows you to enroll for most PRCS activities. If no one in your household has registered for a PRCS activity or program since 2001, you must first register by mail or in person at any of the PRCS locations listed above. If anyone in your household has registered for a PRCS activity since 2001 (excluding county sports leagues), you can call your local PRCS community center, recreation center, senior center or park (or the PRCS administrative office) to obtain your household ID number. Please call before the first day of registration. After obtaining your household ID number, you can register and pay for activities using Webtrac and your VISA or MasterCard. Log onto www.loudoun. gov/prcs and click on the Webtrac link.

#### **PHONE REGISTRATION**

Your Household ID number for TeleTrac is the same as your user ID for WebTrac. You will need to know the ID number of each member of your family. Call 703-443-9338.

### REGISTRATION FOR LICENSED PROGRAMS

Additional forms and on-site registration

are required for licensed programs. Please refer to the corresponding section in this activity guide or www.loudoun.gov/prcs for specific registration procedures for licensed preschool, before & after school programs and licensed summer camps.

#### **PAYMENTS**

Registration fees are due at the time of registration, unless otherwise noted. Checks must be made payable to "County of Loudoun" and your social security number or driver's license number must be included in order to process any registration by check. Cash, check or credit card payments can be made in person. Payments by check and MasterCard or VISA can also be mailed to the PRCS administrative office in Leesburg. Do not send cash by mail. Do not include supply fees in total paid. Supply fees are payable to the instructor on the first day of class.

### IMPORTANT TAX INFORMATION

Now you can print a "global childcare statement" within seconds using the newest version of Webtrac. You'll find the option under "My account" after logging into Webtrac. You can print a statement for any

#### **GENERAL INFORMATION: WHAT YOU NEED TO KNOW**

calendar year (system will default to 2007). Visit www.loudoun.gov/prcs and click on the Webtrac link.

#### **REFUNDS & CANCELLATIONS**

There are no refunds unless PRCS cancels and does not reschedule a department-sponsored event, activity, class or program. The Department reserves the right to cancel a class or activity because of insufficient registration or for any other reasonable cause. Hours are subject to change.

#### **FINANCIAL ASSISTANCE**

For qualifying families, financial support may be available for reimbursement of the cost of certain Adaptive Recreation activities sponsored by Loudoun County PRCS. The major qualification for respite is MR diagnosis. For more information, call MR Services at 703-777-0377.

#### **NON-RESIDENT FEES**

An additional 50 percent of fees will be charged for individuals residing outside of Loudoun County.

#### **NOTICE TO PARTICIPANTS**

Participants must recognize that all classes and activities of a physical nature involve some risk and, by registering for a class or activity of this nature, there is an assumption of risk by the participant and/ or parent. Loudoun County Department of Parks, Recreation and Community Services is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff.

#### **SUPPLIES AND MATERIALS**

Cost of supplies and materials is included in class or activity fee unless otherwise stated. If a supply fee is listed, it must be paid to the instructor on the first day of class.

#### **TRANSPORTATION**

When transportation is provided, spaces are filled on a first-come, first-served basis.

#### **TRIP POLICY**

There will be no smoking or alcoholic beverages allowed on any vehicles used for Department trips including motor buses. Due to outside costs associated with arranging and booking trips, there will be no refund when a participant cancels a trip registration.

#### **RENTALS**

Community centers, senior centers and

parks have spaces available for rent. Reserve a room, pavilion, or gym for private parties, meetings and other activities. Call the preferred center or park directly for available dates, times and rental rates. Rental fees are non-refundable. For any other facility, please call 703-777-0343.

#### **VOLUNTEERS**

For information on volunteer opportunities, including PRCS advisory boards and councils, please contact your local center, park or program representative, or call 703-777-0343. Those interested in working with Loudoun residents with disabilities, including Special Olympics and VSA arts, should call 703-771-5010 or 703-777-0438.

### PROGRAM ACCESSIBILITY/

Loudoun County Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please contact the main PRCS office 10 days prior to the start of the activity. Phone: 703-777-0343 TTY: 703-771-5352 Email: prcs@loudoun.gov.

#### **CLOSINGS/POSTPONEMENTS**

In case of inclement weather, public holidays or emergencies, the Department will determine cancellation or postponement of programs. If you are in doubt as to whether or not activities will be held, call the program location or the administrative office at 703-777-0343. For sport league information, call the Sports cancellation line at 703-777-0456.

#### **INCLEMENT WEATHER POLICY**

- 1. When Loudoun County Government is closed, PRCS facilities are closed and all recreation programs are cancelled.
- 2. When Loudoun County Government makes a decision to close after the start of normal business hours, parents must make arrangements to pick up their children from all PRCS programs and locations right away. The facilities will close when the last child has been picked up.
- 3. When Loudoun County Schools announce that schools are closed for the day (and the Government is open):
  - All PRCS classes, programs, activities and services, except Childcare, are cancelled. PRCS facilities are open for business matters, childcare and drop-in programs.
  - All PRCS programs held in school facilities are cancelled.
  - Evening programs held in PRCS facilities scheduled from 5PM until closing may be held; confirm directly with the site offering the activity, or by calling 703-777-0456.
- 4. When Loudoun County Schools announce a 1-hour delay, all PRCS classes, programs, activities and services operate on time.
- 5. When Loudoun County Schools announce a 2 or more hour delay, all morning PRCS classes, programs, activities and services, except Childcare, are cancelled. Childcare sites open on time. All PRCS facilities will open by 9AM for business matters and drop-in programs.
- 6. When Loudoun County schools announce an early dismissal, all evening PRCS classes, programs and activities, including CASA, are cancelled. Childcare sites and Adult Day Center remain open only until the last participant is picked up.

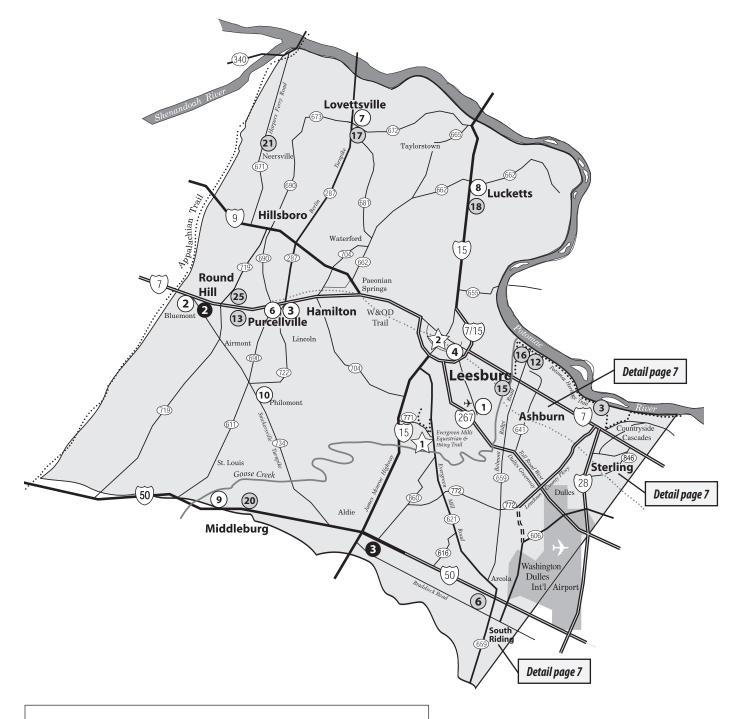
Please keep track of changing weather conditions and call the appropriate PRCS facility or the administrative office at 703-777-0343 with any questions.





# LOUDOUN COUNTY DEPARTMENT OF PARKS, RECREATION AND COMMUNITY SERVICES

# **FACILITIES MAP**



For directions to PRCS facilities, visit www.loudoun.gov/prcs.

### **KEY TO FACILITIES**

# SENIOR, COMMUNITY & MULTIPURPOSE FACILITIES

1 Adult Day Center at Leesburg 16501 Meadowview Court Leesburg 703-771-5334

2 Bluemont Community Center 33846 Snickersville Turnpike Bluemont 540-554-8643

Carver Center
 200 Willie Palmer Way
 Purcellville
 571-258-3400
 Adult Day Center at Carver
 571-258-3402

Claude Moore Community Center
 (See (8))

703-430-6673 46111 Loudoun Park Lane Sterling 571-258-3500

405 E. Market Street Leesburg

703-771-5913

5 **Dulles South Multipurpose Center** 24950 Riding Center Drive South Riding, VA 571-258-3456

> Dulles South Senior Activity Center 571-258-3883.

6 Loudoun Valley Community Center 320 W. School Street Purcellville 540-338-4122

7 Lovettsville Community Center 57 E. Broad Way Lovettsville 540-822-5284

8 Lucketts Community Center 42361 Lucketts Roas Leesburg 703-771-5281

Middleburg Community Center 300 W. Washington Street Middleburg 540-687-6375

(10) Philomont Community Center 36592 Jeb Stuart Road Philomont 540-338-5882 • Senior Activity Center at Leesburg (See 215 Depot Court, SE Leesburg 703-777-0257

(1) Senior Center at Cascades 21060 Whitfield Place Sterling 703-430-2397

12 Sterling Community Center 120 Enterprise Street Sterling 703-430-9480

# PARKS & RECREATIONAL FACILITIES

1 Ashburn Park 43645 Partlow Road Ashburn

2 Beth Miller Park 20270 Leier Place Ashburn

3 Bles Park 44830 Riverside Parkway Ashburn

4 Brambleton Fields Site 22389 Belmont Ridge Road Ashburn

5 Briar Patch Park 21660 Sterling Boulevard Sterling

6 Byrne's Ridge Park 24915 Mineral Springs Circle

7 Chick Ford & Ryan Bickel Fields 21594 Ashburn Village Boulevard Ashburn

8 Claude Moore Park 21544 Old Vestals Gap Road Sterling 571-258-3700

• Claude Moore Community Center

• Claude Moore Recreation Center

• Lanesville Heritage Area

• Loudoun Heritage Farm Museum

• Claude Moore Recreation Center (See 8) 46105 Loudoun Park Lane Sterling 571-258-3600

9 Conklin Park 25701 Donegal Drive Chantilly Countryside Park 20756 Countryside Boulevard Sterling

(1) Edgar Tillett Memorial Park 21561 Belmont Ridge Road Ashburn

12 Elizabeth Mills Riverfront Park 43513 Squirrel Ridge Place Leesburg

Kephart Bridge Landing

13 Franklin Park 17501 Franklin Park Drive Purcellville 540-338-7603

• Franklin Park Perf. & Visual Arts Center

Greg Crittenden Memorial Park 21401 Windmill Drive Ashburn

Keep Loudoun Beautiful Park 43055 Golf Club Road Leesburg

Kephart Bridge Landing (See 12)
 43942 Riverpoint Drive
 Leesburg

18900 Kipheart Drive Leesburg

12565 Milltown Road
Lovettsville (under development)

**18** Lucketts Community Park 14560 James Monroe Highway Leesburg

19 Lyndora Park 43624 Lucketts Bridge Circle Ashburn

20 Mickie Gordon Memorial Park 22670 Carter's Farm Lane Middleburg

21 Nell Boone Park 11756 Harper's Ferry Road Purcellville (Neersville)

22 Potomack Lakes Sportsplex 20280 Cascades Parkway Sterling

**Ray Muth Sr. Memorial Park** 20971 Marbelhead Drive Ashburn

24 Trailside Park 20375 Claiborne Parkway Ashburn

### **KEY TO FACILITIES**

**Woodgrove Park** 17020 Evening Star Drive Round Hill

# CULTURAL & HISTORIC FACILITIES

(Arcola) Slave Quarters (no inside access)
25077 Evergroop Mills Pood

25077 Evergreen Mills Road Sterling

- Carver Center (See (4))
- 2 E.E. Lakes General Store (no inside access) 18351 Railroad Street Bluemont
- Franklin Park Performing & Visual Arts Center (See 3)
   36441 Blueridge View Lane Purcellville
   540-338-7973
- Lanesville Heritage Area (See 8)
- Loudoun Heritage Farm Museum (See ®) 21668 Heritage Farm Lane Sterling 571-258-3800
- Mount Zion Church (no inside access)
  40309 John Mosby Highway
  Aldie
- 4 Settle-Dean Cabin (no inside access) 25625 Loudoun County Parkway Chantilly

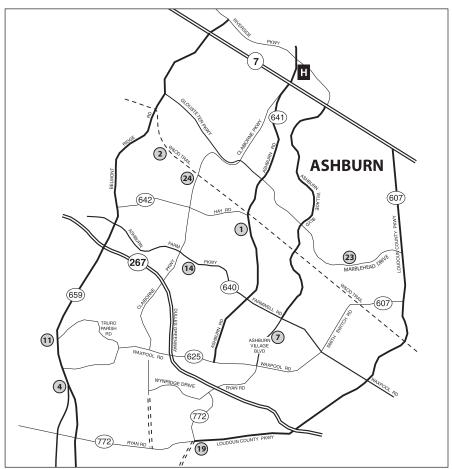
### **OTHER PRCS FACILITIES** ★

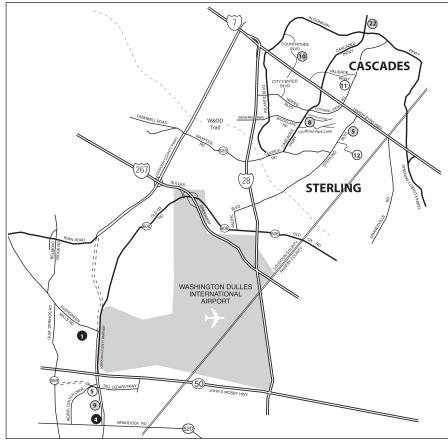
Banshee Reeks Nature Preserve 21085 The Woods Road Leesburg 703-669-0316

PRCS Administrative Office 215 Depot Court, SE Leesburg 703-777-0343

#### **TRAILS** · · · · · ·

**Evergreen Mills Equestrian & Hiking Trail** 21332 The Woods Road Leesburg





#### **SPECIAL EVENTS -**COUNTYWIDE

This section lists some of our countywide special events offered by community centers, senior centers, parks and other PRCS facilities in chronological order. Please call the number listed for more information.

#### **SEPTEMBER**

#### STERLING CONCERTS

(All ages) We just "keep on rockin'!" Our program of concerts, with music for all ages, continues this Fall on the first and third Friday and second and fourth Saturday of the month. No concert on 10/11. Call 703-430-9480 for concert schedule.

#### **Location: Sterling Community Center**

F, Sa on-going

#### PHILOMONT PHOTOGRAPHY SHOW & SALE

(Ages 16 & up) Enter pictures taken in the past five years. Categories: Loudoun, Portraits, Animals, Landscapes, Historic Places. Entries due by 8/25. Call 540-338-5882.

#### **Location: Philomont Community Center**

\$5.00 per picture 111706-01

9/1-9/1 8:00A-1:00P

#### RALPH STANLEY AND THE CLINCH MOUNTAIN BOYS

(All ages) Our first season opens with a Grammy Award Winner! Long revered by enthusiasts of folk, bluegrass and country music, Ralph Stanley won Grammys for Best Country Male Vocalist Performance and Album of the Year in 2002 and shared the Grammy for Best Bluegrass Album in 2003 with Jim Lauderdale. Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Pay at door \$40/adults, \$36/students & seniors

F 9/5-9/5 8:00P

#### FIRST FRIDAYS AT LUCKETTS

(All ages) A Journey Through Hallowed Ground... learn about the extraordinary history and heritage of Loudoun County from speaker, Cate Wyatt. Refreshments served. Call 703-771-5281.

#### **Location: Lucketts Community Center** Free event

F 9/5-9/5 7:30P-9:00P

#### LOVETTSVILLE DOG SWIM

We're turning over our pool to the dogs for our annual Dog Swim. Frisbees and balls are welcome. Only dogs permitted in pool. Dog licenses are mandatory. Call 540-822-5284 or e-mail lovcc@loudoun.gov.

#### **Location: Lovettsville Community Center**

\$7.00 Pay at door

Sa 9/6-9/6 9:00A-12:00P

#### 3RD ANNUAL DOG SWIM

(All ages) The Middleburg Community Center pool will be open to our four legged friends for one day only. Bring your own water toy. No registration required. Call 540-687-6375.

#### **Location: Middleburg Community Center**

Pay at door \$10.00

9/6-9/6 11:00A-2:00P

#### THE CIVIL WAR SOLDIER'S LIFE

(All ages) Civil War Re-enactors and archeological artifacts bring the soldier's war to life. "Enlist" at the muster station, explore weap ons, military equipment, clothing, and more. Children's supplies handed out at the stations. Children must be accompanied by an adult. Call 571-258-3700.

#### **Location: Claude Moore Park**

Free event \$5.00 (supply fee ages 5 & up) 9/6-9/6 10:00A-3:00P

#### SEPTEMBER BOOK SWAP

(All ages) Trade your books, books on tape or CD, music CD's, & VHS or DVD movies! Books/magazines in large print needed. Call 571-258-3500.

#### **Location: Claude Moore Community Ctr.** Free event

Sa 9/6-9/6 10:00A-12:00P

#### SEPTEMBER FLEA MARKET

(Ages 16 & up) It's time for fall clean-up and some extra cash. Event is free for shoppers. Call 571-258-3500 to reserve space.

#### Location: Claude Moore Community Ctr.

110715-01 \$10.00 (Indoor)

Sa 9/6-9/6 9:00A-2:00P

\$10.00 (Outdoor) 110715-02

9/6-9/6 9:00A-2:00P

#### SCC YARD SALE

(All ages) Renters must pay by 7:00pm the Thursday preceding the sale. Rent one space (10x10) with one table and two chairs or two spaces (20x10) with two tables and two chairs. Call 703-430-9480.

#### **Location: Sterling Community Center**

103714-01 \$15.00 9/6-9/6 8:00A-1:00P 103714-02 \$25.00 9/6-9/6 8:00A-1:00P Sa

#### FATHER & DAUGHTER SOCK HOP

(All ages) Let's go to the Hop...with socks, poodle skirts, slicked back hair, and dancing! Come dressed in your 50's finest. Call 540-687-6375 for reservations.

#### **Location: Middleburg Community Center**

Pay at door \$15.00

9/12-9/12 7:00P-9:00P

#### GRANDPARENT'S SPAGHETTI DINNER

(All ages) Celebrate Grandparents Day with a spaghetti dinner, salad and garlic bread. Call Philomont Community Center at 540-338-5882.

#### **Location: Philomont Fire House**

111700-01 \$6.00 / Adults

F 9/12-9/12 6:30P-8:30P

111700-02 \$4.00 / Children

F 9/12-9/12 6:30P-8:30P

#### CHRIS ANDERSON CLASSICAL GUITAR

(All ages) On stage, classical guitarist, Chris Anderson, balances pieces at the core of the classical guitar's repertoire with others rarely heard. He performs works written for other instruments (piano and Elizabethan lute) that are adapted for the guitar, often ending concerts with his own arrangements of American jazz standards. Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Pay at door \$12/adults,

\$10/students & seniors

9/13-9/13 8:00P Sa

#### THIRD ANNUAL PROUD POOCH DOG SHOW

(All ages) Dogs rule in our 3rd Annual Dog show. Prizes will be awarded for biggest, smallest, best costume, etc. Refreshments available. Call 703-771-5281.

#### **Location: Lucketts Community Center**

\$5/one category; \$10/all cat-109702-01 egories

9/13-9/13 10:00A-12:00P Sa

#### ENDLESS SUMMER DANCE

(Ages 55 & up) Grab your dancing shoes for an afternoon of toe tapping fun! Ballroom dance instruction and tasty refreshments provided. Call 571258-3400.

#### **Location: Carver Center**

130608-01 \$3.00

9/19-9/19 2:00P-4:00P

#### FALL PLANT EXCHANGE

(Ages 16 & up) Bring your extra perennial divisions, herbs, houseplants, shrubs, etc. to trade! Call 571-258-3500.

### Location: Claude Moore Community Ctr.

Free Event

Sa 9/20-9/20 1:00P-1:30P

#### **BLUEMONT FAIR**

(All ages) Don't miss the 39th annual Bluemont Fair sponsored by the Bluemont Citizen's Association! Call 540-554-8643.

#### **Location: Bluemont Community Center**

Pay at door \$5/Adults \$3/Children Sa,Su 9/20-9/21 10:00A-5:00P

#### **FATHER - DAUGHTER "SWEETHEART** DANCE"

(All ages) Enjoy a special evening with your "sweetheart" dancing to our DJ. Refreshments and photo included. Advance reservations recommended. Call 703-771-5281.

#### **Location: Lucketts Community Center**

109703-01 \$20.00/couple, \$15.00/ea additional

9/20-9/20 7:00P-9:00P Sa

#### OKTOBERFEST DINNER

(All ages) This family dinner kicks off the Lovettsville Oktoberfest Celebration with a traditional German meal, dancing and musical entertainment. A hot dog kids meal is also provided. Call 540-822-5284 or email lovcc@ Îoudoun.gov.

#### **Location: Lovettsville Community Center** Pay at door \$8 German meal, \$4 kid's meal

9/26-9/26 5:30P-7:30P

#### **AUTUMN ARTS CRAFTS FESTIVAL &** PHOTOGRAPHY EXPO

(All ages) Visit over 50 vendors of hand-made crafts in the historic area. View natture photography by local photograhers in the Lanesville House. Enjoy music and crafts for children. Use Loudoun Park Lane entrance and follow signs. Rain or shine. Call 571-258-3700.

#### **Location: Claude Moore Park**

#### Free event

9/27-9/27 10:00A-5:00P Sa

#### PHOTOGRAPHY EXPO AT CLAUDE MOORE PARK

(All ages) See nature photos by local photographers, learn about techniques, and photograph birds from the Raptor Conservancy of Virginia (fee). Use the Loudoun Park Lane entrance and follow the signs. Rain or shine. Children must be accompanied by an adult. Call 571-258-3700 for photo entry details.

#### **Location: Claude Moore Park**

#### Free event

Sa	9/27-9/27	9:00A-5:00P
Free event		
Su	9/28-9/28	12:00P-5:00P

### SMITHSONIAN MAGAZINE MUSEUM

(All ages) Present your Museum Day admission card to receive one free general admission at participating locations including the Heritage Farm Museum. The Museum Day card can be found in the September 2008 issue of Smithsonian magazine or downloaded from www.smithsonianmag.com/museumday. Call 571-258-3800.

#### **Location: Heritage Farm Museum**

9/27-9/27 10:00A - 4:00P

#### LOUDOUN BALLET COMPANY'S PETER AND THE WOLF

(All ages) Loudoun Ballet Company strives to highlight the style, grace and youthful exuberance of the thirty-member student company. We hope you'll join us for the debut performance of this charming children's ballet. Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Pay at door	\$8.00	
Sa	9/27-9/27	1:00P
Sa	9/27-9/27	3:00P
Su	9/28-9/28	1:00P
Su	9/28-9/28	3:00P

#### **LUCKETTS 2008 ANTIQUE AND** CLASSIC AUTO SHOW

(All ages) This antique and classic car show for the whole family is presented by the Loudoun/Douglass Alumni Association. Call 703-771-5281.

#### **Location: Lucketts Community Center**

Pay at door	\$5.00, \$3.00/age 65 & up Free/under 12	
Su	9/28-9/28	10:00A-4:00P

#### **OCTOBER**

#### PAGEANT WORKSHOP

(Ages 3-18) Are you unsure of the pageant process or need extra practice? This workshop covers all aspects! Call Philomont Community Center at 540-338-5882.

#### **Location: Harmony Intermediate School**

111702-01	\$10.00	
Th	10/2-10/2	6:00P-7:30P

#### HERE'S TO YOUR HEALTH

(All ages) Learn about healthy eating and living. This class covers good and bad fats, how much water we really need, and how sugar, dairy, or gluten affect overall health. Instructor: Christine Brooks. Registration required. Call 540-687-6375.

#### **Location: Middleburg Community Center**

108504-01	Free	
Th	10/2-10/2	9:15A-11:30A
108504-02	Free	
Th	10/2-10/2	6:00P-8:00P

#### FIRST FRIDAYS AT LUCKETTS

(All ages) Richard Gillespie of the Mosby Heritage Foundation presents, "John Brown, Lucketts, and the Panic of '59". Refreshments served. Call 703-771-5281.

#### **Location: Lucketts Community Center** Free event

10/3-10/3 7:30P-9:00P

#### LITTLE MISS LOUDOUN COUNTY **PAGEANT**

(Ages 3-9) Show off your little princess in Philomont Community Center's 4th annual beauty pageant. Crowns, trophies and banners for each age group. Call 540-338-5882.

#### **Location: Harmony Intermediate School**

111703-01	\$40.00	Formal Wear
Sa	10/4-10/4	10:00A-2:00P
111703-02	\$10.00	Photogenic
Sa	10/4-10/4	10:00A-2:00P
111703-03	\$10.00	Casual Wear
Sa	10/4-10/4	10:00A-2:00P

#### JR. MISS LOUDOUN COUNTY **PAGEANT**

(Ages 10-18) Applications are being taken for the Philomont Community Center's 4th annual beauty pageant. Crowns, trophies and banners for each age group. Call 540-338-5882.

#### **Location: Harmony Intermediate School**

111704-01	\$40.00	Formal Wear
Sa	10/4-10/4	10:00A-2:00P
111704-02	\$10.00	Photogenic
Sa	10/4-10/4	10:00A-2:00P
111704-03	\$10.00	Casual Wear
Sa	10/4-10/4	10:00A-2:00P

#### OCTOBER BOOK SWAP

(All ages) See description for September.

**Location: Claude Moore Community** Center

Free event

Sa 10/4-10/4 10:00A-12:00P

#### LUCKETTS BLUEGRASS

(All ages) Thirty-six years and counting! Oldtime bands and up and coming names call the Lucketts stage home every Saturday evening. Call 703-771-5281

#### **Location: Lucketts Community Center**

Pay at door	\$13.00	
Sa	10/4-4/25	7:00P-10:30P

### TLC FOR YOUR PETS – EVERYDAY AND EMERGENCY CARE

(All ages) A highly experienced local veterinarian answers questions on giving your pets the best of tender, loving care. Call 703-771-5281.

#### **Location: Lucketts Community Center**

Free event

Tu 10/7-10/7 7:00P-8:30P

#### HEALTH MOBILE AT LUCKETTS

(All ages) Location: Lucketts Community Center. The Loudoun Health Mobile will offer flu shots. .Call 703-771-5281 for price schedule.

### **Location: Lucketts Community Center**

Pay at door TBD

Sa 10/11-10/11 9:00A-12:00P

#### STERLINGFEST!

(All ages) Be apart of the 21st year of STERLINGFEST! Come out and enjoy all the fun activities the Sterlingfest committee has planned. Visit www.sterlingfoundation.org or call 703-430-9480. Rain date: 10/12.

### **Location: Sterling Community Center Free Evemt**

Sa 10/11-10/11 10:00A-3:00P

#### DOUGLASS COMMUNITY YARD SALE

(Ages 18 & up) Bring your old unwanted items for sale. Price includes general ad in local classified section. Vendor space is (1) six foot table. Free admission for shoppers. Vendors must register in advance. Call 703-771-5913.

#### **Location: Douglass Community Center**

**104709-01** \$10.00

Sa 10/11-10/11 8:00A-3:00P

#### **HUGE YARD SALE**

(All ages) Sell your goods or come browse for a great find! Table rental \$15; deadline 10/4. Call 571-258-3400.

#### **Location: Carver Center**

Free event

Sa 10/11-10/11 9:00-3:00P

#### **GALLERY 222 ART EXHIBIT**

(All ages) The popular Leesburg Art Gallery presents an exhibit entitled "Sky", a visual art companion to the musical, *Tootleloo*. A percentage of each piece of artwork sold benefits Blue Ridge Hospice. Call 540-338-7973.

### **Location:** Franklin Park Arts Center Free event

Sa 10/6-10/19 9:00A-5:00P

#### **TOOTLELOO**

(All ages) Audiences will be delighted and inspired by this tune-filled fantasy about a hospice worker who spreads a special kind of magic. Written and directed by Tom Sweitzer, the musical carries a strong message in support of the hospice movement. Proceeds benefit Blue Ridge Hospice and Friends of Franklin Park Arts Center. Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Pay at door Donation

Su 10/12-10/12 3:00P

### AN EVENING OF FAMILY HALLOWEEN FUN

(All ages) Spend the evening picking a pumpkin, enjoying the bonfire and making a family scarecrow. We have the straw, you bring the clothes for the scarecrow. Wear your costume. Refreshments served. Call 703-771-5281.

#### **Location: Lucketts Community Center**

**109709-01** \$15.00/family

F 10/17-10/17 7:00P-8:30P

#### DSMC CONSIGNMENT SALE

(All ages) Attention Moms! Get rid of all your extra "stuff" at our children's consignment sale. Consignors receive 50-75% of their sale prices and shop early at an exclusive time! (Volunteers also shop at an exclusive time!) Consignors register by 10/14. \$5.00 fee. Call 571-258-3456.

#### **Location: Dulles South Multipurpose Center** Free Event

F,Sa 10/17-10/18 8:30A-3:00P

#### DSMC HAUNTED HALLOWEEN FEST

(All ages) This popular annual event has something for everyone! Join us for games, rides, food and prizes. Call 571-258-3456.

#### **Location: Dulles South Multipurpose Center Prices Vary**

Sa 10/18-10/18 10:00A-3:00P

#### DSMC HAUNTED CANDY RUN

(All Ages) Bring you little ghosts and ghouls and watch them run for all the candy they can get! Sponsored by the DSMC Advisory Board. Call 571-258-3456.

#### **Location: Dulles South Multipurpose Center Free Event**

Sa 10/18-10/18 12:00P-2:00P

### AN EVENING WITH BUDDY HOLLY FEATURING ROBBIE LIMON

(All ages) The setting is Greenwich Village, NY. It's December 1958, and Buddy Holly is awaiting the start of the Winter Dance Party Tour. Buddy rehearses the band and answers audience questions about his career, his music, and his future. This unique format for a

play gives an inside look at a life described as "eighteen months of fame and generations of influence". Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Pay at door \$20/adults,

\$18/students & seniors

Sa 10/18-10/18 8:00P

#### FALL FARM COLOR TOUR

(All ages) Start your tour of Loudoun's vineyards, orchards and pick-your-own farms at the Heritage Farm Museum. Admission is free to farm tour participants. Sponsored by the Department of Economic Development, the farm tours program helps support our rural economy. Call 571-258-3800.

#### **Location: Heritage Farm Museum**

Sa, Su 10/18-10/19 10:00A - 4:00P

### PHILLIP HOSFORD CLASSICAL PIANIST

(All ages) Internationally acclaimed classical pianist, Phillip Hosford, has performed at the Kennedy Center, Strathmore Center for the Arts, and New York's Lincoln Center. He is the winner of 15 national and international piano competitions, a recipient of the Solo Performers Grant from the National Endowment for the Arts, and a member of the National Philharmonic Piano Trio. Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Pay at door \$12/adults,

\$10/students & seniors

Su 10/19-10/19 3:00P

#### DA VINCI FALL ART SHOW

(All ages) The Da Vinci Studio gives visual artists with disabilities access to professionally staffed and equipped studios. This is a special opportunity to view and purchase artwork from Da Vinci Studio artists, Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Free event

F-F 10/24-11/9 9:00A-5:00P

### FLASHLIGHT CANDY HUNT/COSTUME CONTEST

(Ages 2-12) Dress in costume and bring a flashlight to gather candy-filled Halloween eggs. Age groups are 2-3, 4-6, & 7-10. Prizes and games! Call 571-258-3500.

**Location: Claude Moore Community Ctr.** 

**110701-01** \$10.00

F 10/24-10/24 6:30P-7:30P

### LOUDOUN SCHOOL OF BALLET'S JAZZ & CO. DANCE

(All ages) This talented performing group wowed the crowd at the Arts Center's opening in February. Composed exclusively of advanced students from The Loudoun School of Ballet, Jazz & Co. Dance returns with more high energy moves. Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

<i>y</i>	\$8/students & seniors	
F	10/24-10/24	7:30P
Sa	10/25-10/25	3:30P
Sa	10/25-10/25	7:30P

#### HALLOWEEN HAY RIDE

Pay at door \$10/adults.

(All ages) Join the only annual Halloween trick-or-treat hayride in Loudoun County. Refreshments are served. Limited space available. Call 540-338-5882.

#### **Location: Philomont Community Center**

**111701-01** \$10.00

Fr 10/24-10/24 6:30P-9:00P

#### HALLOWEEN FAMILY MOVIE NIGHT

(All ages) Enjoy Wallace and Grommit's Curse of the Were-Rabbit with your family on a giant inflatable screen. Call 703-771-5913.

#### **Location: Douglass Community Center**

**104716-01** Free event

Sa 10/25-10/25 7:00P-9:00P

### DCC ANNUAL BONE HUNT & COSTUME EXTRAVAGANZA

(K-9's only) Our first annual BONE HUNT... to be held on our grounds! Have your four legged friend wear his/her best costume for great photo opportunities. Call 703-771-5913.

#### **Location: Douglass Community Center**

**104715-01** \$3.00/dog

Sa 10/25-10/25 10:00A-12:00P

#### FALL FESTIVAL

(All ages) Enjoy a "best apple dessert" contest, scarecrow-making, hay rides, face painting, animals, dancing, balloons, hot dogs and apple cider. Fun for all ages! Call 571-258-3400.

#### **Location: Carver Center**

**130708-01** \$3.00

Sa 10/25-10/25 11:00A-3:00P

#### DOGGY HOWL-O-WEEN

(Ages 2-10) Dress your dog for a Halloween costume contest and great fun! All dogs must have license and vaccinations. Prize awarded. Call 571-258-3500.

#### **Location: Claude Moore Community Ctr.**

**110700-01** \$5.00

Sa 10/25-10/25 10:00A-11:00A

#### **AUTUMN APPLE FESTIVAL**

(All ages) Celebrate the fourth annual Autumn Apple Festival! Visit our exhibit "Virginia Apples for Flavor: The Story of Hill High Orchards". See historic orchard tools at work. Learn how to make cider. Visit with local orchard growers and shop for locally made apple products. Entertainment and snacks available. Call 571-258-3800.

#### **Location: Heritage Farm Museum**

Sa 10/25-10/25 10:00A – 4:00P

#### **COUNTRY CURRENT**

(All ages) "Country Current" is the US Navy's premier country music ensemble. The sevenmember group, formed in 1973, has performed with such artists as Boots Randolph, Charlie Daniels, Vince Gill and David Ball. Call 540-338-7973.

### **Location:** Franklin Park Arts Center Free event

Su 10/26-10/26 3:00P

### LUCKETTS COMMUNITY ANNUAL POT LUCK SUPPER

(All ages) Annual appreciation dinner for the community of Lucketts. Bring a dish to share. Call 703-771-5281.

### **Location: Lucketts Community Center Free event**

Su 10/26-10/26 5:00P-7:00P

#### HALLOWEEN STORYFEST

(Ages 5 & up) Sit among the tall trees lit only by the campfire's glow and listen to chilling stories of ghosts. Bring a toasting stick and we'll provide marshmallows and hot cider. Children must be accompanied by an adult. Call 571-258-3700.

#### **Location: Claude Moore Park**

**161721-01** \$6.00

Th 10/30-10/30 6:30P-8:00P

#### TRUNK-OR-TREAT

(All ages) Children are invited to extend their trick-or-treating onto our ballfield where cars will be decorated and candy will be handed out. To enter your car, please call 540-822-5284 or email lovcc@loudoun.gov.

### **Location: Lovettsville Community Ctr.** Free event

F 10/31-10/31 5:30P-7:00P

#### HALLOWEEN TRUNK OR TREAT

(Ages 1 & up) Enjoy safe and fun trick or treating. Join local families at the park to "trunk or treat" from car to car. Dress in your Halloween best, and dress your car up too! Call 540-338-7603.

#### **Location: Franklin Park**

**162502-01** Free event

F 10/31-10/31 5:00P-7:30P

#### HOT DOG IT'S HALLOWEEN

(All ages) We'll provide a hot dog dinner along with a costume parade, games and hayrides. Sponsored by the Middleburg Community Center. Call 540-687-6375.

### **Location: Middleburg Community Center Free**

F 10/31-10/31 5:30P-8:00P

#### **NOVEMBER**

#### **BARKFEST & MORE 2008**

(All ages) Enjoy vendors, entertainment, microchipping, photography show, adoptions and more! Ribbons awarded for pet show categories. Spectators admitted FREE! Sponsored by Philomont and Middleburg Community Centers and Franklin Park. Call 540-338-5882.

#### **Location: Franklin Park**

**111705-01** \$10.00/pet, \$5.00/category Sa 11/1-11/1 11:00A-1:00P

#### Wii BOWLING TOURNAMENT

(Ages 5 & up) Compete in virtual bowling on the Nintendo Wii on our giant screen projector. Call 703-771-5913.

#### **Location: Douglass Community Center**

**104704-01** \$5.00

Sa 11/1-11/1 5:00P-8:00P

### AURORA STUDIO THEATRE PRESENTS GUYS AND DOLLS

(All ages) *Guys & Dolls* is the classic story of guy meets girl; guy loses girl; guy wins girl back -- only this guy is a gambler, the girl is with the Salvation Army, and their love story is one very bumpy ride! Among the many unforgettable Frank Loesser tunes: "Luck be a Lady," and "Sit Down, You're Rockin' the Boat!" Call 540-338-7973.

#### Location: Franklin Park Arts Center

Pay at door	\$18/adults, \$15/seniors, \$10/students	,
Sa	11/1-11/1	8:00P
Su	11/2-11/2	3:00P
F,Sa	11/7-11/8	8:00P
Su	11/9-11/9	3:00P
F,Sa	11/14-11/15	8:00P
Su	11/16-11/16	3:00P

#### VOTING WITH MOM AND DAD

(Grades Pre-K-K) Visit the Waxpool General Store, a polling place 100 years ago, on Election Day to practice the basics of voting and good citizenship. This parent-child activity is free with paid admission. Call 571-258-3800.

#### **Location: Heritage Farm Museum**

Tu 11/4-11/4 10:00A - 11:00A

#### **SPECIAL EVENTS - COUNTYWIDE**

#### **DINING WITH DINOSAURS**

(Ages 4-10) Bring a lunch and drink to eat among the dinosaurs. Explore like a paleontologist for fossils, while looking for dinosaur eggs. Call 571-258-3500.

**Location: Claude Moore Community Ctr.** 

**110702-01** \$8.00

Tu 11/4-11/4 11:30A-12:30P

#### FIRST FRIDAYS AT LUCKETTS

(All ages) Join us as we welcome our latest guest speaker. Refreshments served. Call 703-771-5281 for updated schedule.

**Location: Lucketts Community Center Free event** 

F 11/7-11/7 7:30P-9:00P

#### NOVEMBER BOOK SWAP

(All ages) See description for September.

**Location: Claude Moore Community Ctr. Free event** 

Sa 11/8-11/8 10:00A-12:00P

#### SCHOLASTIC BOOK FAIR

(All ages) Stop by the Community Center and shop our Scholastic Book Fair featuring many preschool classics. Call 703-771-5281.

### **Location: Lucketts Community Center Free event**

M,Tu,W,Th 11/10-11/13 8:00A-6:00P F 11/14-11/14 8:00A-8:00P

#### BEALE STREET PUPPETS

(All ages) Come for a showing of the "Out of Orbit Puppet Show". Must register in person at DCC. One free parent per paid child! Call 703-771-5913.

#### **Location: Douglass Community Center**

104703-01 \$5.00/child 11/12-11/12 11:45A-12:30P 104703-02 FREE/accompanying parent W 11/12-11/12 11:45A-12:30P 104703-03 \$3.00/extra parent W 11/12-11/12 11:45A-12:30P 104703-04 \$5.00/child 11/12-11/12 3:30P-4:15P W 104703-05 FREE/accompanying Parent 11/12-11/12 3:30P-4:15P W 104703-06 \$3.00/extra parent 11/12-11/12 3:30P-4:15P

#### THANKSGIVING DINNER

(All ages) We're thankful for our families and invite you to join us for our Second Annual Thanksgiving Dinner with turkey, dressing, bread, desserts...the works! Call 540-687-6375.

**Location: Middleburg Community Center** 

**108703-01** \$10.00/family

Th 11/13-11/13 6:30P-8:00P

#### PARENT'S NIGHT OUT

(Ages 5-12) Kids enjoy a night of play time in the gym, movies and Nintendo Wii on the big screen, and pizza. Bring a drink. Call 703-771-5913.

**Location: Douglass Community Center** 

**104705-01** \$25.00

F 11/14-11/14 5:00P-10:00P

#### FAMILY GAME NIGHT

(All ages) Enjoy the evening with friends and family playing classics like Trouble, Twister, Guess Who? and many more. Popcorn and lemonade for all. Call 703-771-5281.

**Location: Lucketts Community Center Free event** 

F 11/14-11/14 7:00P-9:00P

#### CMP BIRTHDAY CELEBRATION!

(All ages) Celebrate the 10th anniversary of Claude Moore Park's Visitor Center. Take a hike, make crafts, have your face painted, explore the updated Discovery Room and enjoy a piece of birthday cake! Children must be accompanied by an adult. Call 571-258-3700.

#### **Location: Claude Moore Park**

Free event

Sa 11/15-11/15 1:00P-3:00P

#### LET'S TALK TURKEY

(All ages) Visit the Museum for straight talk about the bird and its lore. Hands-on children's activities, stories and games. Fun for the entire family. Free with paid admission. Call 571-258-3800.

#### **Location: Heritage Farm Museum**

Sa 11/15-11/15 10:00A - 12:00P

### BARNS AND FARMS OF LOUDOUN COUNTY

(All ages) Celebrating its 5<sup>th</sup> year, this art show is dedicated to the visual power of Loudoun's agricultural heritage. All works are for sale and make perfect holiday gifts! Join us for an artists reception on November 16. Call 540-338-7973.

### **Location:** Franklin Park Arts Center Free event

Su-Th 11/16-12/31 9:00A-5:00P

#### THANKSGIVING LUNCHEON

(Ages 55 & up) Gather with friends for the annual harvest celebration of Thanksgiving. Lunch includes turkey with all the trimmings. Call 571-258-3400.

**Location: Carver Center** 

**130609-01** \$3.00

Th 11/20-11/20 12:00P-2:00P

#### ARCHERY TURKEY SHOOT

(Ages 9 & up) Win a Thanksgiving turkey during Franklin Park's Archery Frozen Turkey Shoot. The top 3 sharpshooters receive a frozen turkey. Call 540-338-7603.

Location: Franklin Park 162258-01 \$15.00

Th 11/20-11/20 5:00P-7:00P

#### THANKSGIVING DINNER

(All ages) Sterling Advisory Board is sponsoring our big THANKSGIVING Dinner for 2008! Call 703-430-9480 for all the delicious details!

**Location: Sterling Community Center Pay at Door** \$5.00

Th 11/20-11/20

### BILL LEPP STORYTELLER AND TELLABRATIONS

(All ages) Bil Lepp is a liar... and proud of it! A storyteller for over 15 years, he's won the West Virginia Liars Contest five times. The tall-tale contest draws large crowds, and the winner receives a Golden Shovel! Call 540-338-7973.

**Location: Franklin Park Arts Center** 

Pay at door \$10/adults,

\$8/students & seniors

Sa 11/22-11/22 2:00P

### LOUDOUN SYMPHONY CHAMBER PLAYERS

(All ages) After a successful debut in June, the Louodun Symphony Chamber Players are thrilled to be back at the Arts Center where the acoustics make their unique period music sound even more magnificent. Call 540-338-7973.

**Location: Franklin Park Arts Center** 

Pay at door \$12/adults,

\$10/students & seniors

Su 11/23-11/23 3:00P

### **DECEMBER** (Registration begins Aug. 21)

#### BREAKFAST W/SANTA

(All ages) Join us for breakfast with Santa. Registration by 11/29.

**Location: Bluemont Community Center at Round Hill Center** 

**106703-01** \$7.00

Sa 12/6-12/6 9:00A-11:00A

#### CANDY CANE HUNT/LUNCH W/SANTA

(Ages 2-10) Get into the holiday spirit! Go on a candy cane hunt, have lunch with Santa, and

703-777-0343

#### **TRIPS - COUNTYWIDE**

play games. Age groups for hunt: 2-3, 4-6, & 7-10. Call 571-258-3500.

**Location: Claude Moore Community Ctr.** 

110703-01 \$10.00

11:00A-12:30P 12/6-12/6

110703-02 \$3.00/parent lunch

Sa 12/6-12/6 11:00A-12:30P

#### DARYL DAVIS

Sa

(All ages) Hear the music of Pinetop Smith, Louis Jordan, Duke Ellington, Glen Miller, and Count Basie by pianist extraordinaire, Daryl Davis. Daryl, who has played with the legendary Chuck Berry, has a well earned reputation for producing a high energy stage show. Call 540-338-7973.

#### **Location: Franklin Park Arts Center**

Pay at door \$15/adults,

\$12/students & seniors

12/6-12/6 8:00P Sa

#### **COMMUNITY TREE LIGHTING**

(All ages) Join us for our third Annual Tree Lighting. Live music, refreshments and a bonfire set the Holiday scene. Call 703-771-5281.

#### **Location: Lucketts Community Center** Free event

7:00P-8:30P Su 12/7-12/7

#### TRIPS-COUNTYWIDE

This section lists some of our countywide trips offered by community centers, senior centers, parks and other PRCS facilities in chronological order. Please call the number listed for more information.

#### **SEPTEMBER**

#### SKATE N FUN TRIP

(Ages 11-13) Have a fun Friday Night Out! Skate and play laser tag with your friends at Skate N Fun Zone. MUST Register by 9/19. Please wear socks and sneakers. Depart/ Return: Sterling Community Center. Call 703-430-9480.

103300-01 \$30.00

9/26-9/26 5:30P-10:00P

#### HERSHEY PARK

(Ages 18 & up) Take a ride on our mini bus to Hershey Park in the sweet smelling town of Hershey, PA. Admission not included. Depart/ Return: Douglass Community Center. Call 703-771-5913.

104707-01 \$15.00

9/27-9/27 8:00A-10:30P

#### MY FIRST BUS RIDE TO LUCK STONE

(All ages) Ride the big school bus to Luck Stone in Ashburn and see all the action of a quarry operation. Children must be accompanied by paying parent. Depart/ Return: Douglass Community Center. Call 703-771-5913.

104717-01 \$12.00

Tu 9/30-9/30 10:00A-11:30A

#### **OCTOBER**

#### **BOYDS BEAR COUNTRY**

(Ages 3 & up) Travel to Gettysburg to the World Famous Boyds Bear Country, Spend time on your own shopping, eating, making your own bear, touring the museum, and having fun. Depart/Return: Lovettsville Community Center. Register by 9/5. Call 540-822-5284.

102704-01	\$40.00	Lunch, bus
M	10/13-10/13	9:00A-4:00P
102704-02	\$59.00	Lunch, bus,
		Make-A-Bear,
M	10/13-10/13	9:00A-4:00P

#### HOWL-O-SCREAM AT BUSCH GARDENS

(All ages) Take a ride on our minibus to Busch Gardens at Williamsburg and enjoy the festive and frightening Halloween atmosphere. Admission not included. Depart/ Return: Douglass Community Center. Call 703-771-5913.

104708-01 \$20.00

Sa 10/18-10/18 6:30A-11:00P

#### HAUNTED HIKE

102502.01

(Ages 14 & up) Travel to haunted Burketsville, MD where we'll take a guided tour of the town made famous by the Blair Witch Project, then go on a haunted hike followed by a bonfire and refreshments. Register by 10/4. Depart/ Return: Sterling Community Center. Call 703-430-9480.

103503-01	\$48.00	Ages 18 & up
Sa	10/18-10/18	4:00P-10:30P
103400-01	\$48.00	Ages 14 -17
Sa	10/25-10/25	4:00P-10:30P

A --- 10 0- ---

d 40 00

#### "THE MAIZE" TRIP

(Ages 11-13) Bring your friends and take on the challenge of "THE MAIZE"! Please bring a flashlight, spending money, and wear sneakers or boots. MUST register by 10/17. Depart/ Return: Sterling Community Center. Call 703-430-9480.

103301-01 \$25.00

5:00P-9:00P 10/24-10/24

#### KINGS DOMINION FEAR FEST

(All ages) Experience one of the scariest

parks on earth! Cost includes admission and transportation. Kids under 16 must be accompanied by parent. Depart/Return: Dulles South Multipurpose Center. Call 571-258-3456.

105904-01 \$45.00

10/25-10/25 8:00A-8:00P Sa

#### **NOVEMBER**

#### KINGS DOMINION

(All ages) This is the last day that the park will be open to the public until the next season! Admission not included. Depart/ Return: Douglass Community Center. Call 703-771-5913.

104714-01 \$15.00

11/1-11/1 8:00A-10:00P Sa

#### MY FIRST HIKING TRIP

(Ages 3 & up) First time hiking? Join Mr. Jamie on an adventure to Sugarloaf Mountain. Adult must pay and accompany child. Involves walking on uneven surfaces. Bring lunch and wear comfortable closed- toed shoes. Depart/Return: Douglass Community Center. Call 703-771-5913.

104706-01 \$10.00

M 11/3-11/3 9:30A-4:00P

#### FP-NEW YORK CITY TRIP

(Ages 18 & up) A motor coach will drop you off at Macy's for seven hours of shopping, sightseeing, shows, and more! Depart/Return: Franklin Park. Call 540-338-7603.

162900-01	\$65.00	Franklin Park
Sa	11/8-11/8	6:00A-11:59P
162900-02	\$65.00	Leesburg Steinmart
Sa	11/8-11/8	6:30A-11:59P

#### SKATE N FUN TRIP

(Ages 11-13) See description for 9/26.

103300-02 \$30.00

11/14-11/14 5:30P-10:00P

#### NEW YORK, YOUR WAY

(All ages) Travel by motor coach to New York City for a day of shopping and sightseeing on your own. Children under 18 must be accompanied by adult. Depart/Return: Lovettsville Community Center. Call 540-822-5284 or email lovcc@loudoun.gov

102721-01 \$60.00

11/15-11/15 6:00A-11:45P

#### MACY'S DAY PARADE IN NYC

(All ages) Travel by deluxe motor coach and arrive where the parade begins! Afterwards, enjoy shopping and sightseeing. This is a nonchaperoned event; minors MUST be accompanied by a parent. Depart/Return: Dulles South Multipurpose Center. Call 571-258-3456.

TRIPS - SENIORS 703-430-2397

**105950-01** \$65.00

Th 11/27-11/27 2:00A-11:59P

### **DECEMBER** (Registration begins Aug. 21)

#### NYC ROCKETTES

(All ages) Travel by motor coach to New York City to see the world famous Rockettes. Show ticket included. Time for shopping and lunch. Register by 11/19. Depart/Return: Loudoun County Commuter Bus Lot, Leesburg. Call 703-771-5913.

**104700-01** \$110.00

Sa 12/20-12/20 6:30A-12:30A

#### NYC ROCKETTES DCCAB

(All ages) See above description. For this trip section, register only at Douglass Community Center by 11/19. Make check payable to DCCAB. Depart/Return: Loudoun County Commuter Bus Lot, Leesburg. Call 703-771-5913.

**104700-02** \$110.00

Sa 12/20-12/20 6:30A-12:30A

#### **NEW YORK CITY**

(All ages) Travel by motor coach to New York City. Transportation only. Register by 11/19. Depart/Return: Loudoun County Commuter Bus Lot, Leesburg. Call 703-771-5913.

**104701-01** \$60.00

Sa 12/20-12/20 6:30A-12:30A

#### TRIPS FOR SENIORS

Registration for senior trips begins on 8/20. All trips are for individuals 55 years and older (unless otherwise noted). Transportation is by Senior Center buses (unless otherwise noted). First price listed is for current card carrying senior center members (Arcola, Carver, Cascades and Leesburg); second price listed is for non-members. Departure and return locations for most day trips: Carver (Purcellville) Senior Center, Cascades (Sterling) Senior Center and Leesburg Wal-Mart (west side of parking lot near Garden Center). Sign-up is required and may be done at any PRCS facility with access to RecTrac! There are no refunds although a refund minus a 30% administrative fee may be issued if your seat is resold. Call 703-430-2397.

#### **DAY TRIPS: SEPTEMBER**

#### CASINO TRIP - CHARLES TOWN, WV

Enjoy slots and simulcast horse racing. Lunch on your own. Includes transportation and \$5 cash back (subject to change). Minimum walking.

**145610-01** \$8/member, \$10/non-member Th 9/11-9/11

#### RADIO & TELEVISION MUSEUM; BELAIR MANSION & BELAIR STABLE MUSEUM – BOWIE, MD

Guided tours of the Radio & TV Museum and Mansion, with a visit to the Stable Museum. Lunch is on your own at food court or bring a bag lunch. Includes transportation with free tours. Extensive walking.

**145613-01** \$11/member, \$13/non-member

F 9/12-9/12

### LINCOLN COTTAGE AND NATIONAL POSTAL MUSEUM – WASHINGTON, DC

Enjoy a tour of the Lincoln's "Summer White House", followed by lunch on your own at fast food and then a tour of the National Postal Museum. Includes transportation and tours. Extensive walking.

**145616-01** \$19/member, \$21/non-member

M 9/15-9/15

### "THE PRODUCERS" AT TOBY'S DINNER THEATRE – COLUMBIA, MD

A down-on-his-luck Broadway producer comes up with a scheme to produce the most notorious flop in history. Includes transportation, show, buffet lunch and tip. Minimum walking.

**145617-01** \$54/member, \$56/non-member

W 9/17-9/17

#### NORTHERN VIRGINIA SENIOR OLYMPICS OPENING DAY CEREMONY AND EVENTS – ARLINGTON, VA

News anchor JC Hayward from WUSA-TV (Channel 9) will kick-off the Olympics. Enjoy the track and field events throughout the day. Bring a bag lunch. Includes transportation with free admission. Moderate walking.

**145618-01** \$6/member, \$8/non-member

Sa 9/20-9/20

#### THE NEWSEUM - WASHINGTON, DC

Visit two television studios, 14 galleries and 15 theatres as you re-live history through the media. Lunch on your own at Newseum. Includes transportation and admission. Extensive walking.

**145619-01** \$26/member, \$28/non-member

M 9/22-9/22

#### CASINO TRIP - CHARLES TOWN, WV

See description for 9/11.

**145610-02** W 9/24-9/24

#### **OCTOBER**

### GETTYSBURG VISITORS' CENTER AND BATTLEFIELD – GETTYSBURG, PA

Visit the brand new Visitors' Center and Museum at Gettysburg. After lunch on your own at the Visitors' Center, enjoy a 2-hour narrated bus tour. Includes transportation, museum and tour. Moderate walking.

**145620-01** \$15/member, \$17/non-member

W 10/1-10/1

#### BUREAU OF PRINTING AND ENGRAVING & U.S. HOLOCAUST MUSEUM – WASHINGTON, DC

Timed entry for tour of the Bureau of Printing and Engraving followed by Holocaust Museum. Lunch is on your own at the museum eatery or bring a bag lunch. Includes transportation with free admission/tour. Extensive walking.

**145621-01** \$9/member, \$11/non-member

F 10/3-10/3

### LINCOLN COTTAGE AND TOUR OF KENNEDY CTR. - WASHINGTON, DC

See description for 9/15.

**145622-01** \$19/member, \$21/non-member

M 10/6-10/6

#### CASINO TRIP - CHARLES TOWN, WV

See description for 9/11.

**145610-03** Th 10/9-10/9

### "PHANTOM OF THE OPERA" AT TOBY'S DINNER THEATRE – BALTIMORE, MD

Unmask the thrill of a lifetime with Toby's original musical adaption of the timeless turn-of-the-century romantic tragedy. Includes transportation, show, champagne brunch, and tip. Minimum walking.

**145623-01** \$58/member, \$60/non-member

Su 10/12-10/12

### SKYLINE DRIVE AUTUMN COLORS – SHENANDOAH NATIONAL PARK, VA

View fall colors along Skyline Drive. Bring a bag lunch or purchase lunch at Elkwallow Wayside. Includes transportation only. Minimum walking.

**145624-01** \$10/member, \$12/non-member

W 10/15-10/15

### SKYLINE DRIVE AUTUMN COLORS – SHENANDOAH NATIONAL PARK, VA

See description for 10/15.

**145625-01** Th 10/16-10/16

TRIPS - SENIORS 703-430-2397

#### THE NEWSEUM - WASHINGTON, DC

See description for 9/22.

**145626-01** Sa 10/18-10/18

**CASINO TRIP – CHARLES TOWN, WV** See description for 9/11.

**145610-04** W 10/22-10/22

### HILLWOOD MUSEUM AND GARDENS – WASHINGTON, DC

Tour the former home and gardens of Marjorie Merriweather Post. Bring a bag lunch or purchase (pricey) at museum. Includes transportation and admission. Extensive walking.

**145627-01** \$19/member, \$21/non-member

Tu 10/28-10/28

#### BINGO WORLD - BALTIMORE, MD

Bingo for the serious player...bingo at it's best. Purchase cards at the door. Purchase lunch or bring a bag lunch. Includes transportation only. Minimum walking.

**145628-01** \$11/member, \$13/non-member W 10/29-10/29

### SMITHSONIAN MUSEUMS – WASHINGTON, DC

Drop off and pick-ups at American History (if open), Natural History, Gallery of Art, American Indian, Air and Space and African Art/Freer/Hirshhorn/Sackler Museums. Lunch on your own. Includes transportation with free admission. Extensive walking.

**145629-01** \$9/member, \$11/non-member Th 10/30-10/30

### SMITHSONIAN NATIONAL ZOO – WASHINGTON, DC

Visit the new Asian trail or visit your favorite animals and see what else is new! Lunch on your own or bring a bag lunch. Includes transportation with free admission. Extensive walking.

**145630-01** \$9/members, \$11/non-member F 10/31-10/31

#### **NOVEMBER**

### "SHEAR MADNESS" AT KENNEDY CENTER – WASHINGTON, DC

Enjoy the ever-changing and longest running show in American theatre, "Shear Madness". Lunch is on your own before the show at Clyde's in Tysons. Includes transportation and show. Minimum walking.

145631-01 \$46/member, \$48/non-member Su 11/2-11/2

#### VIRGINIA QUILT MUSEUM – HARRISONBURG, VA

Visit the State Quilt Museum, shop at the

Shenandoah Heritage Market, have lunch on your own or bring a bag lunch, then off to Patchwork Plus. Dinner at food court on ride home. Includes transportation and admission. Extensive walking.

**145632-01** \$18/member, \$20/non-member M 11/3-11/3

#### B & O RAILROAD MUSEUM AND INNER HARBOR – BALTIMORE, MD

Visit the B & O Railroad Museum, then spend 3 hours on your own at Baltimore's Inner Harborplace. Lunch on your own or bring a bag lunch. Includes transportation/museum admission. Extensive walking.

**145633-01** \$19/member, \$21/non-member W 11/5-11/5

#### BOYD'S BEAR COUNTRY AND EISENHOWER FARM TOUR – GETTYSBURG, PA

Start your holiday shopping at Boyd's Bear Country where you can also purchase lunch or bring a bag lunch. Then tour President Eisenhower's farm and home. Includes transportation, admission and tour. Extensive walking.

**145634-01** \$15/member, \$17/non-member Th 11/6-11/6

### ARLINGTON CEMETERY AND U.S. AIR FORCE MEMORIAL – ARLINGTON, VA

Spend Veterans' Day at our country's largest military cemetery. Tourmobile takes you to Tomb of the Unknown Soldiers, the Arlington House, and Kennedy graves. Bring a bag lunch. We'll stop at the U.S. Air Force Memorial. Includes transportation and Tourmobile. Moderate walking.

**145635-01** \$14/member, \$16/non-member

#### SMITHSONIAN AMERICAN ART MUSEUM AND THE NATIONAL PORTRAIT GALLERY / SPY MUSEUM – WASHINGTON, DC

Explore these renovated museums or visit the Spy Museum (cost about \$15). Lunch on your own. Includes transportation with free admission to art museums. Extensive walking.

**145636-01** \$9/member, \$11/non-member Th 11/13-11/13

### CASINO TRIP - CHARLES TOWN, WV

See description for 9/11.

**145610-05** Th 11/13-11/13

### SMITHSONIAN MUSEUMS – WASHINGTON, DC

See description for 10/30.

**145637-01** M 11/17-11/17

#### CASINO TRIP - CHARLES TOWN, WV

See description for 9/11.

**145610-06** W 11/26-11/26

#### **DECEMBER**

### "PLAID TIDINGS" AT TOBY'S DINNER THEATRE – COLUMBIA, MD

These four unlikely heroes with angelic voices perform live on Toby's stage just in time for the holidays. Includes transportation, show, champagne brunch and tip. Minimum walking.

**245611-01** \$54/member, \$56/non-member Su 12/7-12/7

#### MOUNT VERNON - ALEXANDRIA, VA

Visit George Washington's home decorated for the holidays, as well as his burial site. Enjoy the new museum highlighting his life. Bring a bag lunch or purchase. Includes transportation and admission. Extensive walking.

**245612-01** \$23/member, \$25/non-member Tu 12/9-12/9

### ANNUAL HOLIDAY LIGHTS – WASHINGTON, DC

Begin with dinner on your own at Union Station, view Pageant of Peace, and visit exquisitely decorated Mormon Temple grounds and Visitors Center. Includes motorcoach transportation with free admissions. Extensive walking.

**245613-01** \$23/member, \$25/non-member W 12/10-12/10

#### "A CHRISTMAS CAROL" AT TOBY'S DINNER THEATRE – BALTIMORE, MD

There are many adaptations of Dickens' A Christmas Carol, but only one Broadway version! Includes transportation, show, champagne brunch and tip. Minimum walking.

**245615-01** \$58/member, \$60/non-member Su 12/14-12/14

### ANNUAL HOLIDAY LIGHTS – WASHINGTON, DC

See description for 12/10.

**245616-01** M 12/15-12/15

#### "A CHRISTMAS CAROL" AT TOBY'S DINNER THEATRE – BALTIMORE, MD

See description for 12/14. (Buffet lunch replaces champagne brunch.)

**245618-01** Th 12/18-12/18

#### **OVERNIGHT TRIPS**

### SOUTHERN SHENANDOAH VALLEY - VIRGINIA

3-day, 2-night. Call for flyer after 8/9. County bus transportation. Trip includes visit to sites

#### **TRIPS - SENIORS**

in Staunton, Natural Bridge, Lexington and Waynesboro. Total trip cost: \$226/member and \$246/non-member for double occupancy or \$340/member or \$360/non-member for single occupancy. Extensive walking.

**145641-01** \$113/\$123 or \$170/\$180

due with registration

**145641-02** \$113/\$123 or \$170/\$180

due Sept. 15

W-F 10/8-10/10

### BILTMORE / ASHEVILLE – NORTH CAROLINA

5-days, 4-nights. Call for flyer after 8/9. Motorcoach transportation. Total trip cost: \$384/member and \$404/non-member for double occupancy or \$492/member and \$512/non-member for single occupancy. Extensive walking.

**245640-01** \$192/\$202 or \$246/\$256

due with registration

**245640-02** \$192/\$202 or \$246/\$256

due Oct. 15

M-Th 12/1-12/4

#### WINTER TRIP

A February trip is currently being planned for either the Orlando/Tampa Bay area or New Orleans. Please watch monthly senior center newsletters or call for flyer after 8/9.

The following previously advertised senior trips are sold out, although waiting lists are being taken:

### C & O CANAL BOAT CRUISE & TUDOR PLACE

W 9/3-9/3

#### **CHARLOTTESVILLE**

Th-F 9/4-9/5

#### TANGIER ISLAND CRUISE

M 9/8-9/8

"ALWAYS...PATSY CLINE" -ALLENBERRY RESORT

Sa 9/13, 10/4

### COLORADO AND THE ROCKY MOUNTAINS

F-M 9/19-9/29

#### MYRTLE BEACH SHOW TRIP

M-F 10/20-10/24

### BRANSON HOLIDAY SHOW EXTRAVAGANZA TRIP

Sa-Su 11/15-11/23

#### **AREA AGENCY ON AGING**

# AREA AGENCY ON AGING

215 Depot Court, SE, 2<sup>nd</sup> Floor Leesburg, VA 20175 **703-777-0257** Monday-Friday 8:30A 5:00P

The Area Agency on Aging provides the following information and programs for senior citizens and their families:

# **INFORMATION AND REFERRAL:** The program provides *One Number to Call* for information and assistance.

CASE MANAGEMENT SERVICES HOME DELIVERED MEALS ADULT DAY CENTER HEALTH PROMOTION TAX ASSISTANCE PROGRAM VOLUNTEER OPPORTUNITIES

#### SENIOR CENTERS: GENERAL INFORMATION

#### **ACTIVITIES**

Full-service senior centers and senior activity centers offer a variety of programs and activities for ages 55 and up.

#### **FEES**

The annual membership fee covering July-June is \$20/person (\$25/non-residents). In lieu of membership, seniors may pay a daily dropin fee of \$1 (\$1.50/non-residents). Members receive lower rates for trips and classes, a monthly newsletter and membership privileges at all senior centers. For lunch there is a suggested donation for adults 60 plus and a cost of \$4.00 for adults under 60.

#### FACILITY RENTALS

Attractive rental space is available for groups of any age at most senior centers for meetings, family reunions, special events, birthday parties and more.

# REGISTER ONLINE!

Visit
www.loudoun.gov/prcs
and click on the
Webtrac link.

#### **CARVER CENTER**

# CARVER CENTER

200 Willie Palmer Way Purcellville, VA 20132

571-258-3400

M-F 9:00A- 4:00P SENIORS ONLY (Ages 55 & up ) M-F 4:00P-9:00P & Sa 9:00A-6:00P (All ages)

Seniors (ages 55 & up) may join for a \$20 annual membership fee. Unless otherwise noted, the following senior activities are free to members with a \$1.00 drop-in fee for non-members

#### **SPECIAL EVENTS**

#### **FARM TOUR**

(Ages 55 & up) Tour Endless Summer Harvest Farm, a state of the art commercial hydroponic lettuce grower. Tour the greenhouses and see 25 varieties of gourmet lettuces and greens. Stay afterwards for a tasty salad or lettuce wrap. Depart/Return: Carver Center.

#### Free event

F 11/14-11/14 12:45P-2:00P

#### **EDUCATIONAL**

#### COMPUTER BASICS

(Ages 55 & up) Learn about hardware, software, vocabulary, START menu items, your desktop, e-mail, and more. Instructor: Jane Olah.

**130605-01** \$48.00

Th 9/18-10/23 10:00A-11:30A

#### MORE ABOUT COMPUTERS

(Ages 55 & up) Begin to use the internet and learn about word processing, hardware and software needs, buying a computer and more. Need some computer knowledge and mouse skills. Instructor: Jane Olah.

**130606-01** \$48.00

Tu 9/16-10/21 10:00A-12:00P

#### **FINE & APPLIED ARTS**

#### HEIRLOOM QUILT QUILTING BEE

(Ages 55 & up) No formal instruction, but participants will help. You can stay for lunch in the Grand Hall (requires 24 hours notice).

 $1 \text{ }^{\text{s}} M$ 

on-going

9:00A-12:00P

#### **BUSY BEES**

(Ages 55 & up) Bring a handwork project (knitting, crocheting, sewing, quilting, etc.) for a relaxing hour of chatting and working.

Tu

on-going

10:00A-11:00A

CARVER CENTER 571-258-3400

#### **CARD MAKING**

(Ages 55 & up) Ellie Nichol helps you make original cards.

 $2^{nd}$  Tu on-going 11:00A-12:00P

#### **FITNESS**

#### TAI CHI

(Ages 55 & up) Slow motion routines practiced in a group to promote strength, balance and flexibility. Progressive class--no drop-ins. Instructor: Trudy Weaver.

#### 130610-01

Tu 9/16-11/4 10:15A-11:15A

### MONTHLY COMPLEMENTARY BELLY DANCE WORKSHOPS

(Ages 55 & up) Try a beginner's class for free! Instructor: Emily Inglis w/ Marsha Cooper. Call for schedule or check monthly calendar.

#### SEATED STRENGTH AND STRETCH

(Ages 55 & up) Basic weight lifting exercises (while sitting) for upper and lower body conditioning. Instructor: Marsha Cooper.

M on-going 10:00A-10:45A W on-going 1:00P-1:45P

#### STRENGTH TRAINING FOR SENIORS

(Ages 55 & up) Must have standing balance. Weight training, balance enhancing exercises with bands and core training. Instructor: Marsha Cooper..

M on-going 11:00A-11:45A W on-going 2:00P-2:45P

#### WATER WALKING

(Ages 55 & up) Joint-friendly exercise in Ida Lee's auxiliary pool. Travel by bus from

\$4.00 admission

M on-going 12:30P-3:00P

#### LAUGH YOGA

(Ages 55 & up) Rae and Diana lead you through exercises and games to promote physical and emotional well-being.

W on-going 10:30A-11:30A

### INDOOR (STANDING OR SEATED) BEACHBALL VOLLEYBALL

(Ages 55 & up) All the fun of volleyball, with as little, or as much, effort as you choose.

Tu on-going 11:00A-11:45A

#### **BOWLING**

(Ages 55 & up) Play one non-competitive game at Village Lanes in Leesburg. Free shoes. Free transportation at 12:45P.

Pay at door \$2.00/game

M on-going 1:00P-2:30P

#### NINTENDO Wii LEARNING CLINIC

(Ages 55 & up) Discover the world of virtual sports! Come test your physical and intellectual agility on this user-friendly game platform.

on-going 11:30A-12:00P

#### FITNESS CENTER MEMBERSHIPS

Full use of the Carver fitness center and state of the art equipment – get in shape, stay healthy. Exclusive to seniors.

M-F on-going 9:00A-4:00P

### SOCIALIZING & ENTERTAINMENT

#### **CARVER LUNCH BUNCH**

(Ages 55 & up) Lunch with friends at different restaurants. Cost of lunch is extra. Those who drive must still register (no fee).

unive must sun	i register (no rec	.).
130601-01	\$4.00	
W	9/17-9/17	10:30A-2:00P
130601-02	Self-transport	
W	9/17-9/17	10:30A-2:00P
130602-01	\$4.00	
W	10/15-10/15	10:30A-2:00P
130602-02	Self-transport	
W	10/15-10/15	10:30A-2:00P
130603-01	\$4.00 transport	tation
W	11/19-11/19	10:30A-2:00P
130603-02	Self-transport	
W	11/19-11/19	10:30A-2:00P

#### CARD GAMES

(Ages 55 & up) All groups, except Bridge Club, are play or learn.

M-F	9:30A-10:30A	Coffee/Cards
M	1:00P-3:00P	Canasta
Th	1:00P-4:00P	Bridge Club
Th	6:00P-9:00P	Cards & Board
		Games
1st 3rd F	6.30P-9.00P	Poker

#### INTRO TO BRIDGE

(Ages 55 & up) Just the basics of communication for bidding and leading cards. Instructor: Jane Olah.

**130607-01** Free

Tu 9/16-10/21 1:00P-3:00P

#### BINGO

(Ages 55 & up) Join in for fun and prizes – \$.50 per card, no card limit.

T	on-going	12:45P-1:45P
F	on-going	10:45A-11:45P

#### ALL AGES READ TOGETHER (AART)

(Ages 55 & up) Spend an hour twice a week in the Carver library, reading to a small group of children.

M, W 9/8-11/18 12:30-1:45

#### BOOKIN' IT

(Ages 55 & up) Spend every other Friday reading to first graders at Emerick Elementary. Transportation provided. Must have TB test.

F on-going

10:00-10:30A

#### **MENTAL STIMULATION**

#### **CREATIVE WRITING**

(Ages 55 & up) Instructor: Jean Kipfer. W on-going 10:30A-12:00P

#### MENTAL MUSCLE

(Ages 55 & up) Weekly classes using brain games to foster thinking. Instructor: Jennifer Lumley.

Th on-going 12:30P-1:30P

#### CHANGES AND CHALLENGES

(Ages 55 & up) Elder Case Manager, Kathy Kehoe, will lead monthly group discussions on topics of concern to seniors.

3<sup>rd</sup> Th on-going 11:00A-11:45A

#### **BASIC NEEDS & INFORMATION**

### EYEGLASS CLEANING AND MINOR REPAIR

(Ages 55 & up) Optometrist, Dr. Dilzer of Purcellville, visits every other month (even months).

1st Tu on-going 12:30P-1:00P

### "DEALING WITH LOSS" SUPPORT GROUP

(Ages 55 & up)

Tu on-going 2:00P-3:00P

#### SHOPPING

(Ages 55 & up) Weekly transportation to Leesburg for light variety shopping

M on-going 1:00P-3:00P

#### GROCERY SHOPPING

(Ages 55 & up) Transportation to local grocery establishments. First Friday to Charles Town Wal-Mart or Save-a-Lot (alternates).

F on-going 1:00P-3:00P

### AREA AGENCY ON AGING ONE-ON-ONE RESOURCE

(Ages 55 & up) Elder Case Manager, Kathy Kehoe, is available in the library for confidential, individual sessions. Sign up for 15-minute blocks of time.

Th on-going 12:30P-1:30P

# DULLES SOUTH SENIOR ACTIVITY CENTER

24950 Riding Center Drive South Riding, VA 20105

571-258-3883

M-F 9:00A-5:00 P

Unless otherwise noted, the following classes, activities, and programs are offered FREE to participants age 55 & older, although membership or non-member drop-in fees do apply.

#### **CLASSES**

#### YOGA W/ KAPIL

Relaxation techniques for your health M on-going 11:00A-11:45 A

#### YOGA W/ RANI

Learn breathing techniques for positive cleansing

Tu-F on-going 11:00A-11:30A

#### TAI CHI W/ SUCHA

Join us in this beautiful form of exercise
Tu on-going 11:00A-12:00P

#### MAH JONGG

Learn the traditional or Patterson-Wright way of playing this

ancient Chinese tile game. 1:00P-3:00P

#### COMPUTER W/ALFRED

Computer Help Please schedule class

Tu on-going 10:30A-1:00P

#### EXERCISE FOR SENIORS

Gentle Aerobics / Armchair Exercise

W, F on-going 11:00A-12:00P

#### **QUILTING & CRAFTING**

Bring your own supplies.

Th on-going 11:00A-2:00P

#### **ON-GOING ACTIVITIES**

#### ARCOLA BOOK CLUB

Loudoun County Seniors READ! Many book selections provided by LCPL. Possible field trips associated with reading selection.

3<sup>rd</sup> W on-going 12:45P-2:00P

#### SHOPPING @ K MART

M on-going 1:00P-2:00P

#### SHOPPING GIANT / SFW

2<sup>nd</sup> 4<sup>th</sup> W on-going 12:30P

#### LIBRARY OUTREACH SERVICES

LCPL visits Arcola Senior Center for a monthly book /tape/CD exchange. Participants are welcome to borrow books, etc. from the center's ever-growing library.

2<sup>nd</sup> F on-going 11:00A

#### ADVISORY BOARD MEETING

Meetings to fulfill the mission of the senior center.

1st Tu on-going 1:00P

#### ONE ON ONE W/ KATHY KEHOE

Offering one on one visit.

2<sup>nd</sup> Tu on-going 11:00A-11:45A

#### VISIT W/ KATHY KEHOE

Offering Information and assistance.

2<sup>nd</sup> Tu on-going 11:00A-11:45A

### LOUDOUN MOBILE HEALTH SERVICES

Stop by and have your blood pressure and heart rate monitored monthly

1st Tu on-going 11:00A-12:00P

#### **GAMES GALORE**

Start your weekend out right...PLAY! Jump start vocabulary with a good game of SCRABBLE....plus DOMINOES (all types), RUMMIKUB, ETC.

1<sup>st</sup> 2<sup>nd</sup> 3<sup>rd</sup> Th on-going 12:30P-2:00P

#### **SPECIAL EVENTS**

Please contact the Dulles South Senior Activity Center for information about Special Events for seniors.

### FAMILY POTLUCK DINNER BINGO AND GAME NIGHT

Join us for a fun evening of games and dinner with friends and family. Bring a covered dish and a wrapped white elephant gift.

Th 9/4, 10/2, 11/6 5:30P-8:30P

PLEASE STOP BY AND CHECK OUT OUR FACILITY. SCHEDULE OUR SENIOR ACTIVITY CENTER FOR YOUR NEXT MEETING, DANCE CLUB, BRIDGE GROUP OR JUST A FRIENDLY GATHERING!

# REGISTER ONLINE!

Visit www.loudoun.gov/prcs and click on the Webtrac link.

## SENIOR ACTIVITY CENTER AT LEESBURG

215 Depot Court, SE, First Floor Leesburg, VA 20175

703-737-8039

M - F 8:30A-5:30P

Unless otherwise noted, the following classes, activities, and programs are offered FREE to participants ages 55 & older, although membership or drop-in fees apply.

Center Closed for Holidays: 9/1, 10/13, 11/11, 11/27,& 11/28

#### **CRAFTS**

#### SEWING WITH CAROL

Enjoy sewing with expert help. Bring your own supplies and project. Sewing machine provided. Volunteer assistance provided by Carol.

#### 127600-01

M 9/8-11/24 9:00A-12:01P

#### STITCH-IN

Come and join the fun! Bring your quilting, knitting, crocheting, and other needle projects. Make new friends!

#### 127612-01

M 9/8-11/24 9:00A-12:01P

**CERAMICS** 

W 9/3-11/19 12:30P

#### ART STUDIO WITH CAROL

M on-going 1:00P-3:00P

#### DANCE

#### LINE DANCE WITH LOIS

All abilities welcome. Volunteer instructor: Lois

127605-01

W 9/3-11/26 1:00P-2:00P

#### SOUARE DANCE W/ BEAUS & BELLS

Beginners course from Sept to May . See Club Caller first night for cost.

127614-01

M 10/6-12/22 7:00P-10:00P

#### **EDUCATIONAL**

#### AARP DRIVING SAFETY COURSE

Participants must be 55 or older and attend both classes to complete the course and be certified. Bring \$10 check payable to AARP to first class. Call 703-737-8039 to register.

**127615-01** \$10.00

Sa 9/6, 9/13 10:00A-3:00P

#### **SENIOR ACTIVITY CENTER AT LEESBURG**

**127615-02** \$10.00

Sa 11/1 & 11/8 10:00A-3:00P

#### **BEGINNING BRIDGE**

Basic instruction on how to bid and play. Volunteer instructor.

**127603-01** \$36.00

Tu 9/9-10/14 9:00-10:00A

### BEGINNING SPANISH WITH MARY FRANCES

Learn the basics of the Spanish Language. Volunteer Instructor: Mary Frances. Additional cost for the text book. For details see Instructor on the first day.

127606-01	\$24.00	
Tu	9/9-9/30	10:00-11:00A
127606-02	\$24.00	
Tu	10/7-10/28	10:00-11:00A
127606-03	\$24.00	
Tu	11/4-11/25	10:00-11:00A

#### INTERMEDIATE SPANISH W/MYRNA

Learn more advanced Spanish grammar. Volunteer Instructor: Myrna. Additional cost for the text book. For details, see instructor the first day.

#### BOOK DISCUSSION GROUP

Meet monthly with others to discuss book selections. Learn about authors too. Book provided by the Loudoun County Public Library. 2<sup>nd</sup>W on-going 10:00A

#### COMPUTER ASSISTANCE WITH RON

Years of computer experience gives Volunteer Ron the knowledge to lead others.

M on-going 9:00A

### "HABLEMOS"-"LET'S TALK" SPANISH CONVERSATION

Speak using Spanish for casual conversation. Practice what you know with others.

127608-01

Tu 9/9-11/25 11:00A-12:00P

#### INTERNET COMPUTER BASICS

Learn the basics of finding information on the World Wide Web. Create your own e-mail address. Space limited. Volunteer instructor: Shiwei.

**127607-01** \$24.00

W 9/3-9/24 10:00A-11:00A

**127607-02** \$24.00

W 10/1-10/22 10:00A-11:00A

**127607-03** \$24.00

W 10/29-11/19 10:00A-11:00A

#### **FITNESS**

#### MIND & BODY

Unique fitness program exercises the mind with puzzles and games, and exercises the body with lots of fun activities. Staff Instructor. 127602-01

1st& 3rdTu 9/2-11/18 11:00A-11:45A

#### STRETCH & TONE WITH MARY

Use bands and hand weights for overall fitness. Volunteer Instructor Mary.

127610-01

Th 9/4-11/20 11:00A-11:45A

#### TAI CHI WITH SUCHA

Movement and Forms involve stretching and strength movements. Geared to seniors. Volunteer Instructor: Sucha.

127613-01

M 9/8-11/24 11:00A-11:45A

WALKING CLUB

M,W,F 9/3-11/26 11:00A

EXERICSE EOUIPMENT

M-F 9/2-11/26 8:30A-5:30P

#### **ON-GOING CLUBS & GROUPS**

#### **BIBLE STUDY WITH BEN**

W on-going 11:00A-12:00P

#### PARTY BRIDGE

New participants welcome.

Tu on-going 1:00P-4:00P

#### KING AND QUEENS CHESS CLUB

Youth and seniors participate in chess at all levels of difficulty. Call for Sept-Nov dates.

Th on-going 1:30P-3:00P

#### ADVISORY BOARD MEETING

"Leesburg Senior Center" meet the first Thursday of the month.

1<sup>st</sup> Th on-going 2:00P

#### GOOSE CREEK BRIDGE GROUP

Duplicate Bridge group fees for members.

Th on-going 10:00A

#### LOUDOUN BRIDGE BUFFS

Duplicate Bridge Sanctioned game group fees. F on-going 1:00P

CROCHET CLUB

F on-going 9:00A

#### **BEAUS & BELLS SQUARE DANCES**

Group fees involved for members

2<sup>nd</sup> 4<sup>th</sup> F on-going 7:30P

### HEALTH SCREENINGS & INFORMATION

### VIRGINIA RESOURCE CENTER FOR THE DEAF AND HARD OF HEARING

Representative Joan Cassidy will present monthly information on resources and devices available to assist with mild to severe hearing loss. **Membership not required.** 

1st W on-going 11:00A-12:00P

#### BLUE RIDGE SPEECH AND HEARING

Quarterly 10/14 10:30A

#### INOVA HOSPITAL VAN

Hospital schedule is subject to change. Call 703-737-8039 for schedule.

1st W on-going 9:30A

#### DIABETES SUPPORT GROUP

2<sup>nd</sup> Th on-going 11:00A

### RECREATION, SOCIALS, & GAMES

#### LUNCH IN THE DINING ROOM

Served daily at 12:00P. Reservations required. Call 703-737-8040.

\$4.00/ages 55-59, Donation/ages 60 & over.

#### **COFFEE CHAT**

M-F on-going 9:00A

#### SHOPPING OUTING

Join us on Tuesdays for this weekly activity.

Tu on-going 12:30P

#### BOWLING

Location: Village Lanes Bowling in Leesburg. Non-competitive. Play one fun game. Transportation provided.

Pay at door \$2.00/Game

M on-going 1:00P

#### **BILLIARDS**

Make use of the regulation slate pool table. Free with membership.

M-F on-going 8:30A-5:30P

#### **SENIOR ACTIVITY CENTER AT LEESBURG**

#### 703-737-8039

#### **SENIOR CENTER AT CASCADES**

#### **FAST BINGO**

Pay at door \$.75 per card on-going 2:00P

BINGO

Pay at door \$.50 cents per card

F 12:30P on-going

#### WHITE ELEPHANT BINGO

Bring a gift in a gift bag as admission to the game.

 $4^{th} M$ 9/22,10/27,11/24 12:30P

#### **MAHJONGG**

Ancient game played with white tiles. New players welcome.

#### 127613-01

M on-going 1:00P Th on-going 1:00p

#### PROGRESSIVE RUMMY

Learn, Brush-up, and enjoy playing this card game for fun and make new friends.

#### 127616-01

F 9/5-11/21 10:00A-11:45A

#### **DELUXE SCRABBLE**

Use your brain. Using the turn-table deluxe scrabble game with new friends.

#### 127619-01

M on-going 2:00P-4:30P

#### RUMMIKUB

Learn to Play this game using number tiles. Fun for all.

#### 127618-01

M on-going 2:00P-4:30P

#### **TABLE TENNIS**

M.F on-going 9:00A-10:30A

#### TEXAS HOLD 'EM

Tu, Th 10:00A on-going

#### **POKER**

2:00P M on-going

#### **SPECIAL EVENTS**

#### BIRTHDAY CELEBRATION-MONTHLY

Come celebrate with us. Leesburg Senior Center members will have a special Birthday celebration for all members of the month.

3rd Tu 9/16,10/21,11/18 12:30P

#### LEESBURG LUNCH BUNCH

Travel in style and enjoy lunch out with old and new friends. Bus fee: \$6.00 You pay for lunch on your own.

127674-01 Red Lobster, Sterling Th 9/18-9/18 11:00A-2:00P

127674-02 Lone Star, Sterling

10/16-10/16 11:00A-2:00P Th 127674-03 Bavarian Inn, Shepherdstown

Th 11/13-11/13 11:00A-2:30P

#### **ENGLISH TEA**

Enjoy a traditional English Tea at the Aylesbury Tea Room in Leesburg. Tea includes a pot of English Tea, finger sandwiches, homemade scones, English biscuits, and fresh fruit. Cost: \$21.00. Register by 9/29.

127625-01 \$1.00 transportation

Th 10/2-10/2 12:00P

#### HOE DOWN

Western Luncheon Party. Entertainment provided. Register by 9/10.

127623-01 \$2.00+ lunch donation 9/12-9/12 11:30A-2:00P

### "THAT'S ENTERTAINMENT" TALENT

Practice your act now to be ready for the show. Come be a part of something big!

127611-01 **FREE** 

1:00P 10/10-10/10

#### HALLOWEEN COSTUME PARTY

Come dressed in costume that day and enjoy the music and celebration.

127612-01 \$1.00

10/28-10/28 12:30P

#### POTLUCK DINNER & WHITE **ELEPHANT BINGO**

Bring a dish to share with friends. Bring a new gift in a gift bag to play BINGO

3<sup>rd</sup> Tu on-going 4:30P

#### HALLOWEEN PARADE

Meet at the Center to board the bus for the Town of Leesburg Parade. Bus decorating begins at 3:00pm. F 10/31-10/31 4:00P-7:30P

#### VETERAN'S DAY CELEBRATION

Join us at the Leesburg Senior Center "USO" as we celebrate Veteran's Day. Enjoy chow in our mess hall followed by special entertainment. Cost: \$2.00 plus the lunch donation.

127624-01 \$2.00

F 11/7-11/7 11:30A-2:00P

#### THANKSGIVING DINNER

Enjoy a traditional Thanksgiving Dinner of turkey and all the trimmings, beverage, and dessert. Register by 11/14.

127626-01 \$2.00 + lunch donation W

11/19-11/19 11:30A

#### **SENIOR CENTER** AT CASCADES

21060 Whitfield Place Sterling, VA 20165 703-430-2397

M, W-F 9:00A-5:00P Tu 9:00A-8:00P

Seniors (ages 55 and up) may join the Cascades Senior Center for a \$20.00 yearly membership fee. Unless otherwise noted, the following activities are free to members, with a \$2.00 drop-in fee for non-members.

#### **CLASSES**

#### **CERAMICS**

Class required to use our Ceramics Room. Price includes small piece. Instructors: Bob Mayer, Pat Miller, and/or Frank Smith.

445602-01 \$21/member, \$22/non-member 6/1-6/1 10:30A-12:00P Th 445602-02 \$21/member, \$22/non-member Th 7/6-7/6 10:30A-12:00P 445602-03 \$21/member, \$22/non-member Th 8/3-8/3 10:30A-12:00P

#### **COMPUTERS**

Classes are offered continuously and are scheduled month to month. Check for current schedule. Instructor: Swarn Dulai.

Introduction to Computers – 3 hour session

445603-01 \$21/member, \$22/non-member

#### ESL CHAT ROOM

Speak English as a second language. Learn everyday phrases and words. Facilitated by: Janet Brown.

12:30P-1:30P on-going

#### ITALIAN CLASS

Learn to speak basic Italian with everyday words and phrases. Walk-ins welcome. Facilitated by: Maria Varbaro.

on-going 10:30A-12:00P

#### OPEN PAINTING

Be creative while enjoying others who share a love for art and crafts. Choose between acrylic, oil, and other media. Instructor: Fran Schmitt.

10:00A-12:00P on-going

#### SPANISH CLASSES

Learn basic Spanish. Facilitated by: Lourdes Cabrisses.

#### **Beginner**

Th on-going 10:30A-12:00P

Intermediate

Th 1:00P-2:30P on-going

### CULTURAL & SOCIAL ACTIVITIES

#### **BIBLE STUDY**

Join in for friendship and fellowship. Leader: Doug Satterwhite.

Tu on-going 10:30A-12:00P 1st,3rd W on-going 10:00A-11:30A

#### **BOOK DISCUSSION**

For seniors who love to read. Call to find out the current book selection.

3<sup>rd</sup> Tu on-going 12:00P-1:30P

#### **CAMERA CLUB**

Capture the moment and share it with the club. Enjoy monthly fieldtrips and discussion. Call to find out the theme for the next display. Lead by Joe Ellis.

#### **CASCADES SINGERS**

Share your vocal talents and enjoy music with our chorus group. Join us for community performances and sing-a-longs. Leader: Barbara Eldridge.

F on-going 10:00A-11:30A

#### **COFFEE CHAT**

Meet new friends and visit with acquaintances over a cup of tea or coffee with pastries.

M,W,F on-going 11:00A-12:00P

#### CURRENT EVENTS DISCUSSION

Stay in-tune with current events while enjoying lively discussion. We welcome your point of view.

W on-going 1:30P-3:00P

#### **FSCC MEETING**

Friends of the Senior Center at Cascades.

4th W on-going 1:30P-2:30P

#### KNITTING AND CROCHETING

Make items for soldiers, infants and those in need. Join a great group of seniors who help so many.

F on-going 10:00A-12:00P

#### MOVIE, POPCORN & SODA

Movies shown on an 8-foot screen. Late-run movies shown. Co-sponsored by the Friends of the Senior Center at Cascades.

\$2/movie

3<sup>rd</sup> W on-going 1:30P-3:30P

#### POTLUCK SOCIAL

Bring a dish to share for family-style dining and a small wrapped item for white elephant bingo. Sign-up at Reception Desk.

2<sup>nd</sup> Tu on-going 5:30P-7:30P

#### SENIOR CENTER ADVISORY BOARD

Meetings are open to the public.

4<sup>th</sup> Th on-going 10:00A-11:00A

#### STERLING SILVERS

Join this active social group for lunch, special presentations, entertainment, bingo and games. \$.50/donation

Tu on-going 11:30A-1:30P

#### TEA TIME

Share a laugh and enjoy a relaxing afternoon with friends in our Tea Room. Tea, coffee, & fresh pastries available.

\$.50/donation

Th on-going 2:00P-3:00P

#### **CARDS & GAMES**

Learn a new game or test your skills at your favorite game. Meet friends and have fun while keeping your mind sharp!

#### **BID WHIST**

F on-going 1:00P-4:00P

#### **BINGO**

\$1/2 cards (15 games)

M, Th on-going 10:30A-12:00P F on-going 1:30P-3:00P

#### **CANASTA**

Tu on-going 1:00P-4:00P

#### **DUPLICATE BRIDGE**

Sanctioned game - \$2/session

M on-going 11:00A-3:00P Th on-going 1:00P-4: 30P

#### HAND AND FOOT (CARDS)

F on-going 1:00P-4:00P

#### MAH-JONGG

Tu on-going 1:00P-4:00P

#### O'HECK

W on-going 10:00A-11: 30A

#### PARTY BRIDGE

M,W,F on-going 1:00P-4:00P

#### PINOCHLE

M,Th on-going 1:00P-4:00P

#### POKER

Tu, Th on-going 1:00P-4: 30P

#### **SCRABBLE**

Th on-going 1:00P-4:00P

#### **FITNESS PROGRAMS**

#### **AEROBICS**

Enjoy the company of these active seniors and get your groove on!

M-F on-going 10:00A-11:00A

#### BALLROOM DANCING

Informal instruction, good exercise and fun! Instructor: Zhen Qui Yu. Couples and singles welcome.

W,Th on-going 11:00A-12:00P

#### LINE DANCING:

A popular activity which has proven to be a great form of exercise and good fun.

#### **Basic**

W on-going 11:00A-12:00P

**Beginning** 

W, F on-going 1:15P-2:15P

Intermediate

M, F on-going 1:15P-3:00P

#### PICKLE BALL

Indoor hand/tennis ball game.

W on-going 9:30A-10:30A

#### TAI CHI

Excellent fitness exercise as well as good fun and fellowship. Instructor: Mabel Chin

F on-going 11:00A-12:00P

#### Wii GAMES

Enjoy the most popular senior center activity nationwide. Great physical and cognitive exercise. Play Tennis, Bowling & Baseball with your friends in a cool air-conditioned room.

Tu on-going 2:00P-7:00P Th on-going 9:30A-12:00P

#### YOGA

Exercise your mind and body! Instructor: Sarla Mehta

M on-going 11:00A-12:00P

#### **SELF-HELP & RESOURCES**

#### **BLOOD PRESSURE SCREENINGS**

Tu,Th,F on-going 11:00A-11:30A

#### **CHANGES & CHALLENGES GROUP**

Discuss the changes and challenges of the aging process with your friends and Kathy Kehoe, Case Manager. (Loudoun County AAA Healthy Aging Program)

3rd W on-going 12:30P-1:30P

#### **SENIOR CENTER AT CASCADES**

#### 703-430-2397

#### **LICENSED PROGRAMS**

#### **CLOTHING ALTERATIONS**

M on-going 9:00A-11:30A

#### **COMPUTER LAB**

M, F on-going 10:00A-12:00P

### SOCIALS FOR PERSONS WITH HEARING IMPAIRMENTS

Deaf seniors who use sign language meet for lunch and social activities. Call or fax Elaine Shaffer at 703-430-6077 (TTY) evenings or email at eolshaffer@aol.com.

2<sup>nd</sup> W on-going 10:00A-4:00P

#### ELDER CHOICES

Staff from Area Agency on Aging available to meet one-on-one with individuals to provide information and referrals concerning health care, financial concerns and social needs.

3<sup>rd</sup> Th on-going 12:00P-1:30P

#### EYEGLASSES ASSISTANCE

Staff from Lenscrafters clean glasses and make minor repairs and adjustments.

2<sup>nd</sup> W on-going 1:00P-2:00P

#### HEARING AID ASSISTANCE

Staff from Blue Ridge Speech and Hearing Center provide screenings, clean hearing aids and make minor repairs and adjustments.

3<sup>rd</sup> Tu on-going 10:30A-11:30A

#### HEARING LOSS ASSISTANCE

Joan Cassidy, Northern Virginia Resource Center for Deaf and Hard of Hearing Persons, answers questions about hearing loss and available resources.

 $3^{rd}$  Th on-going 10:00A-2:00P

### MAN-TO-MAN (PROSTATE CANCER) EDUCATION AND SUPPORT GROUP

 $2^{nd}$  Tu on-gong 6:30P-8:00P

#### MOBILE HEALTH VAN

Loudoun Healthcare provides health screenings, check-ups and referrals.

2<sup>nd</sup> 4<sup>th</sup> Tu on-going 9:30A-12:00P

#### 'ONE-ON-ONE' SUPPORT

Need a listening ear? Private consultations are available with Kathy Kehoe, AAA Casemanager.

W. on-going 11:00A – 12:00P

### SUPPORT GROUP FOR TINNITUS AND HEARING PROBLEMS

1st F on-going 2:00P-3:00P

#### WEEKLY PROGRAMS

Watch for information in the Senior Center

Review (our monthly newsletter distributed to all members) about weekly programs such as financial and estate-planning seminars, medical presentations and screenings and lectures on historical events and literary figures.

### END OF SUMMER COOKOUT, 'Goin' to the Drive-In'

Join us for our 10<sup>th</sup> Annual 'End Of Summer' Cookout with 50's Hop tunes for dancing, a classic crusin' car show, and a menu of burgers, fries, shakes and sundaes. Possibly the biggest we've ever had!

\$5/members , \$7/non-members and at the door F 9/5-9/5 4:00P-6:00P

#### PANCAKE BREAKFAST

Menu: Pancakes, eggs, sausage/bacon, juice, coffee. Open to the public.

\$3/ticket

W 9/24-9/24 9:00A-10:30A

#### COLUMBUS DAY CELEBRATION

F 10/10-10/10 11:00A-2:00P

#### HALLOWEEN PARTY/DANCE

Costume-optional, with special prizes for the most creative attire. Enjoy snacks, 'fright' refreshments, and 'spooktacular' music by DJ, Sky Dantinne.

\$2/members, \$4/non-members and at the door F 10/31-10/31 2:00P-4:00P

#### 'SADIE HAWKINS' DANCE

Ladies, here's you chance to grab a guy and dance like the folks in Lil' Abner's Dogpatch! Attire: 'Down At The Farm' clothing for guys and gals. Door prizes, snacks and light refreshments will be served.

\$2/members, \$4 non-members and at the door M 11/10-11/10 2:00P-4:00P

# LICENSED CHILDCARE PROGRAMS

#### **CHILDCARE PROGRAM**

(Ages 3-5) Looking for a childcare solution? Our full and half-time childcare program provides a safe, healthy learning environment with age appropriate activities to promote the physical, social and intellectual growth of children 3-5 years of age. Healthy breakfasts and snacks are provided. Program hours are 7:00A to 6:15P Monday through Friday. Call the Community Center closest to you for more information and availability.

#### **FEES**

 Full Time
 (7:00A-6:15P)
 \$185.00/wk

 Afternoon
 (12:00P-6:15P)
 \$162.00/wk

 Morning Care
 (7:00A-12:00P)
 \$140.00/wk

 Drop-in Care
 (available basis)
 \$7.00/hour

 Annual Registration Fee
 \$45.00 per year

#### **LOCATIONS**

Bluemont Community Center
Douglass Community Center
Dulles South Multipurpose Ctr. 571-258-3456
Loudoun Valley Comm. Ctr.
Lovetts ville Comm. Ctr.
Lucketts Community Center
540-554-4838
703-771-5610
540-338-5035
540-822-5381
703-737-8841

#### **PRESCHOOL PROGRAM**

#### 2008-09 SCHOOL YEAR

(Ages 2½-5) Nine Community Centers offer a state-licensed, nine-month preschool program, which follows the Loudoun County public school calendar. Classes are offered for 2½-5 year olds, but vary by location. The Virginia Department of Social Services requires proof of current immunizations, proof of age and a childcare application form. Our program follows the National Association for the Education of Young Children's recommended Creative Curriculum Approach to Learning.

### PRESCHOOL REGISTRATION FOR 08/09 SCHOOL YEAR

(Ages 2½-5) Registration for the 2008-2009 school year is currently under way. A \$45.00 non-refundable registration fee will be required prior to entry to the program. To register, contact the center nearest you.

#### **LOCATIONS**

 Bluemont Community Center
 540-554-8643

 Claude Moore Comm. Center
 571-258-3500

 Douglass Community Center
 703-771-5913

 Dulles South Multiurpose Ctr.
 540-338-4122

 Loudoun Valley Comm. Ctr.
 540-822-5284

 Lucketts Community Center
 703-771-5281

 Middleburg Comm. Ctr.
 540-687-6375

 Philomont Comm. Ctr.
 540-338-5882

#### 2008-09 AFTER KINDERGARTEN PROGRAM

(Ages 5-7) Kindergarteners are offered a variety of activities within a safe, supervised and structured environment. The Virginia Department of Social Services requires proof of current physical & immunizations, proof of age and a childcare application form. Registration fee of \$45 payable upon registration.

#### 703-737-8042

#### LOCATIONS

 Bluemont Community Center
 540-554-8643

 Loudoun Valley Comm. Ctr.
 540-338-4122

 Middleburg Comm. Ctr.
 540-687-6375

 Philomont Comm. Ctr.
 540-338-5882

#### 2008-2009 PM KIDS CLUB

(Ages 5-11) Kids Club is a state licensed after school care program for grades K-5 that follows the Loudoun County School Calendar. Call the center for current availability.

#### LOCATIONS

Bluemont Community Center
Lucketts Community Center
Middleburg Comm. Ctr.

Philomont Comm. Ctr.

540-554-8643
703-771-5281
540-687-6375
540-338-5882

### BEFORE SCHOOL & CASA LICENSED PROGRAMS

#### 703-737-8042

Registration must be submitted in person. For additional information and forms, visit www. loudoun.gov/prcs (select CASA).

#### 2008-2009 BEFORE SCHOOL PROGRAM

(Age 5 - Grade 5) Children are offered a variety of early bird activities in a safe, supervised, structured environment. The Before School Program operates from 6:30am-School Starts and follows the Loudoun County Public School calendar. Note: PM Kindergarten parents will have to find alternate care before the start of PM Kindergarten.

### 2008-2009 COUNTY AFTER SCHOOL ACTIVITIES (CASA) PROGRAM

(Age 5 – Grade 5) CASA is a supervised recreational and educational program designed to help meet the needs of working parents. The curriculum, "Around the World in 183 Days" provides the theme upon which your child will explore geography, various cultures, create worldly projects and learn different skills. The Activity Schedule also provides homework and snack time. CASA follows the Loudoun County Public School calendar. The program begins when school ends and runs until 6:00pm.\*

Note: AM Kindergarten parents will have to find alternate care until the end of the regular school day.

\*Lovettsville Community Center, Hutchison Farm and Little River run until 6:15pm.

#### FEES

(Monthly fees are due by the 1<sup>st</sup> of the preceding month)

Registration Fee: \$45/household/program (non-refundable)
Before School: \$150/month/child
CASA: \$300/month/child

#### BEFORE SCHOOL LOCATION

Little River

#### CASA LOCATIONS/SCHOOLS SERVED

Algonkian, Arcola, Ashburn, Ball's Bluff, Belmont Station, Catoctin, Cedar Lane, Cool Spring, Countryside, Creighton's Corner, Dominion Trail, Evergreen Mill, Forest Grove, Hamilton, Hillside, Horizon, Hutchison Farm, Leesburg, Legacy, Liberty, Little River, Loudoun Valley Community Center (Emerick & Lincoln), Lovettsville Community Center (Lovettsville), Lowes Island, Meadowland,

Mill Run, Mountain View, Newton-Lee, Pinebrook, Potowmack, Reid, Rosa Lee Carter, Round Hill, Sanders Corner, Seldens Landing, Steuart Weller, Sully (Guilford, Sterling, Sully), Sycolin Creek, Tolbert, Waterford

#### REGISTRATION

Open registration for any remaining spaces continues on a first-come, first-served basis. *Registration must be done in person* at the PRCS administrative office, 215 Depot Court in Leesburg, M-F from 8:30A-5:30M.

### You must provide a complete registration packet consisting of:

- Children's Program Division Registration form and Addendum form.
- Identity verification for each child. Acceptable forms of identification include an original or certified copy of the child's birth certificate, birth registration card, passport or report card.
- Completed copy of the Commonwealth of Virginia School Entrance Health Form.
- \$45.00 non-refundable registration fee per family per program and applicable monthly fee.

There are no exceptions! We must have all of the above items to register your child. These forms are needed to comply with Virginia state licensing requirements.

Note: There is a three day processing time (once school starts) from the day you register until the day your child can start attending. This ensures your child's file is complete and at the site on the first day.

# YOUTH SERVICES PROGRAMS

#### YOUTH AFTER SCHOOL (YAS) PROGRAM

(Grades 6-8) YAS offers fun, exciting, recreational activities for middle school students including sports, games, arts & crafts, field trips, drama, tutoring, mentoring, special events and intramural competitions, as well time for homework, relaxing, and socializing in a safe supervised environment. Students

#### **YOUTH SERVICES**

have the opportunity to help plan activities and are encouraged to explore their interests. YAS is operated in middle schools and follows the Loudoun County Public School calendar. The program begins when the final bell rings and runs until 6:15 pm.

2008-2009 FEES

\$25/month

#### 2007-2008 YAS LOCATIONS

Belmont Ridge, Blue Ridge, Eagle Ridge, Farmwell Station, Harper Park, Mercer, River Bend, Seneca Ridge, Smart's Mill

#### YOUTH OUTREACH

703-777-0343

#### MENTORING PROGRAM

(Ages 11-14) Do you have or know a child who could benefit from building a relationship with a responsible, caring, qualified adult mentor? Today's youth face many stressors and some adolescents may not be exposed to consistent, positive role models. The benefits of individual mentoring are endless. The Youth Outreach Mentor Program offers a one-on-one mentoring match for Loudoun youth. Mentors undergo training and a lengthy screening process including criminal history and child protective services background checks. Adult mentors are closely matched with children based on criteria including interests, goals, proximity and preferences. Meetings are coordinated by a PRCS Youth Outreach Specialist and held at designated locations in the county.

There is no fee for the program. Call 703-777-0697.

# ADAPTIVE RECREATION

703-771-5013 or 703-737-8042

Call for pick-up and departure times.

Serving individuals with disabilities. "Enhancing Your Recreation Experience"

#### INTEGRATION OPPORTUNITIES

Individuals with disabilities are entitled to recreation opportunities. Adaptive Recreation encourages its participants to integrate into all Loudoun County PRCS programs. Please call staff for any needed assistance or information.

#### **GENERAL INTEREST**

### SPECIAL RECREATION ADVISORY BOARD, INC.

Location: PRCS office. Volunteers meet monthly to discuss events, community awareness, fundraising and sponsorships. Newcomers welcome. Please call ahead.

3<sup>nd</sup> Tu

on-going

6:00P-7:00P

#### THE GREAT AR CAMP OUT

(Ages 18 & up, Level 2) Join us for a weekend of adventure and camping at Cunningham

ADAPTIVE RECREATION 703-737-8042

Falls. We'll spend 2 nights in log cabins, enjoy nature walks, fishing and a wildlife presentation. Contact Shayle Cavalli. Register by phone or in person.

**141740-01** \$47.00

F,Sa,Su 9/12-9/14 12:30P-3:30P

#### PUMPKIN CARVING

Come join us at the Nalls Family Farm where we'll pick and carve pumpkins. Bring a snack; drinks will be provided. Contact Jennifer Gibson.

**141735-01** \$32.00

Sa 10/4-10/4 11:00A-4:00P

#### HALLOWEEN PARTY

(Ages 15 & up, all levels) Celebrate Halloween at Stephenie Doyle's house. Come in costume and enjoy dinner and lots of dancing. SRAB sponsored. Contact Jennifer Gibson.

#### 141725-01

Sa 10/11-10/11 5:00P-8:00P

#### BALLOON FESTIVAL

(Ages 21 & up, Level 1, 2) Bring your camera! Spend the day watching hot air balloons, listening to live entertainment and touring the mansion. Contact Caitlin Marcotte.

**141712-01** \$20.00

Su 10/19-10/19 1:00P-7:00P

#### NATURAL WONDERS

(Ages 16 & up, All levels) Spend the day outside having fun with your friends. Enjoy a nature walk, historical landmarks, the Nature Center, games and more. Bring a snack. Contact Shayle Cavalli.

**141726-01** \$15.00

Tu 11/4-11/4 10:30A-3:00P

#### TGIF FRIDAY

(Ages 16 & up, Level 1, 2) The weekend is here! Celebrate with friends, food, and fun. We will have games and pizza too.

**141719-01** \$10.00

F 11/14-11/14 6:00P-9:30P

#### **ARTS**

### VSA ARTS OF VIRGINIA-LOUDOUN COUNTY COMMITTEE MEETINGS

Location: PRCS office. Volunteers meet to plan future events, workshops, community awareness opportunities,& fundraising. New members welcome. Contact Jennifer Gibson.

4<sup>th</sup> M on-going 5:45P-7:00P

#### MOVIE MADNESS

(Ages 15 & up, All levels) Join us for a Saturday matinee. We'll stop for lunch and then see the movie. Contact Jennifer Gibson. **141730-01** 

Sa	9/27-9/27	11:00A-4:30P
<b>141730-02</b> Sa	10/25-10/25	11:00A-4:30P
141730-03 Sa	11/15-11/15	11:00A-4:30P

#### IRISH FESTIVAL

(Ages 16 & up, All levels) Join us for a day at the Irish Festival. Note: Extensive walking involved. Please bring money for food. Contact Shayle Cavalli.

**141733-01** \$18.00

Sa 9/6-9/6 12:00P-3:00P

#### **SPORTS**

### LOUDOUN COUNTY SPECIAL OLYMPICS COMMITTEE MEETING

Location: PRCS office. Volunteers, athletes, coaches, committee members meet monthly. New members should call ahead for date, time and location.

#### SPARE TIME BOWLING

(Ages 13 & up, All levels) Relax with two games of bowling! This program teaches the basics, and promotes socialization and community awareness. Contact Caitlin Marcotte. Register in person or by mail.

141710-01	\$14.00	
F	9/5-9/5	2:30P-4:30P
141710-02	\$14.00	
F	9/19-9/19	2:30P-4:30P
141710-03	\$14.00	
F	10/3-10/3	2:30P-4:30P
141710-04	\$14.00	
F	10/17-10/17	2:30P-4:30P
141710-05	\$14.00	
F	11/7-11/7	2:30P-4:30P
141710-06	\$14.00	
F	11/21-11/21	2:30P-4:30P

#### **CANOEING 101**

(Ages 16 & up, Level 1, 2) Join us for an outdoor adventure learning how to canoe. Wear your bathing suit, hat and sunscreen. Bring your own lunch and extra water. Contact Caitlin Marcotte.

**141724-01** \$20.00

Sa 9/13-9/13 7:45A-3:00P

#### APPALACHIAN HIKE

(Ages 16 & up, Level 1) You'll learn the basics of hiking on the Appalachian Trail! Bring lunch, water, backpack, and sturdy hiking shoes. Contact Caitlin Marcotte.

**141727-01** \$10.00

Sa 11/8-11/8 8:00A-2:00P

### ADAPTIVE LINE DANCE & FUNCTIONAL FITNESS CLASS

(Ages 15 & up, All levels) Very basic instructional line dance followed by free weights, thera-bands and instruction on cardio machines. For more information, call Marsha at 571-258-3400.

**Location: Carver Center, Purcellville** 

**130709-01** \$48.00

W 9/17-11/5 6:00P-6:45P

#### **YOUTH PROGRAMS**

#### MAKE A SPLASH

(Ages 5-12, All levels) This popular water safety program teaches children how to have fun and be safe in and around water. One-on-one volunteers help participants stay on task. Contact Shayle Cavalli.

**141731-01** \$80.00

Sa 9/27-11/15 9:30A-10:15A

#### ADAPTIVE BEGINNER SWIMMING

(Ages 5-12, All levels) The JPMF Adapted Beginner Swim Class focuses on basis swim skills for children with disabilities. One-onone volunteers are provided during each session. Contact Shayle Cavalli.

**141732-01** \$80.00

Sa 9/27-11/15 10:30A-11:00A

#### LIL' GUPPY POOL PARTY

(Ages 5-12, All levels) Come spend the day at the pool, having fun with friends. We'll serve pizza for lunch, play games and more! Contact Shayle Cavalli.

**141742-01** \$15.00

M 11/3-11/3 11:00A-2:00P

#### CAMP PROGRAMS

703-737-8042

#### CAMP SCHOOL'S OUT 10/13/08

(Ages 5-12) Join us for a day of games with fun and exciting activities. Bring 2 snacks, a bag lunch and bottled water. Come dressed for indoor and outdoor activities.

**Location: Sterling Community Center** 

**123230-01** \$40.00

M 10/13-10/13 7:30A-6:00P **Location: Dulles South Multipurpose Ctr.** 

**123230-02** \$40.00

M 10/13-10/13 7:30A-6:00P

**Location: Douglass Community Center** 

**123230-03** \$40.00

M 10/13-10/13 7:30A-6:00P **Location: Bluemont Community Center** 

**123230-04** \$40.00

M 10/13-10/13 7:30A-6:00P

**CAMP PROGRAMS** 703-737-8042 **SPORTS ADULT & YOUTH** 

CAMP SCHOOL'S OUT 11/03/08-11/04/08

(Ages 5-12) See description above for 10/13. **Location: Sterling Community Center** 

123231-01 \$80.00

M.Tu 11/3-11/4 7:30A-6:00P

**Location: Dulles South Multipurpose Ctr.** 

123231-02 \$80.00

M.Tu 11/3-11/4 7:30A-6:00P

**Location: Douglass Community Center** 

123231-03 \$80.00

M,Tu 11/3-11/4 7:30A-6:00P

**Location: Bluemont Community Center** 

123231-04 \$80.00

M.Tu 11/3-11/4 7:30A-6:00P

CAMP SCHOOL'S OUT 11/26/08

(Ages 5-12) See description above for 10/13.

**Location: Sterling Community Center** 

123232-01 \$40.00

W 11/26-11/26 7:30A-6:00P

**Location: Dulles South Multipurpose Ctr.** 

123232-02 \$40.00

7:30A-6:00P 11/26-11/26

**Location: Douglass Community Center** 

123232-03 \$40.00

7:30A-6:00P W 11/26-11/26

**Location: Bluemont Community Center** 

123232-04 \$40.00

W 11/26-11/26 7:30A-6:00P

CAMP SCHOOL'S OUT 12/22-12/23

(Ages 5-12) See description above for 10/13.

**Location: Sterling Community Center** 

123233-01 \$80.00

M,Tu 12/22-12/23 7:30A-6:00P

**Location: Dulles South Multipurpose Ctr.** 

123233-02 \$80.00

M,Tu 12/22-12/23 7:30A-6:00P

**Location: Douglass Community Center** 

123233-03 \$80.00

M,Tu 12/22-12/23 7:30A-6:00P

**Location: Bluemont Community Center** 

123233-04 \$80.00

M,Tu 12/22-12/23 7:30A-6:00P

CAMP SCHOOL'S OUT 12/29-12/30

(Ages 5-12) See description above for 10/13.

**Location: Sterling Community Center** 

123234-01 \$80.00

M.Tu 12/29-12/30 7:30A-6:00P

Location: Dulles South Multipurpose Ctr.

123234-02 \$80.00

M.Tu 12/29-12/30 7:30A-6:00P

**Location: Douglass Community Center** 

123234-03 \$80.00

M,Tu 12/29-12/30 7:30A-6:00P **Location: Bluemont Community Center** 

123234-04 \$80.00

M.Tu12/29-12/30 7:30A-6:00P

#### MIXED LEVEL HORSEMANSHIP CAMP

(Ages 7-14) Spend a fun day learning stable management, horse grooming and how to ride! Please wear long pants and hard-soled shoes or boots with a 1/2" heel or larger. Held rain or shine!

Location: Lucia Farm, Lovettsville

123235-01 \$70.00

Sa 9/27-9/27 2:00P-5:00P

123235-02 \$70.00

Sa 11/15-11/15 2:00P-5:00P

#### HORSEMANSHIP HOLIDAY CAMP

(Ages 7-14) See above description for Mixed Level Camp.

Location: Lucia Farm, Lovettsville

123236-01 \$190.00

M,Tu,W 12/29-12/31 9:00A-12:00P

#### **SPORTS** ADULT & YOUTH

703-777-0343

Sports Cancellation: 703-777-0456

#### **ADULT SPORTS LEAGUES**

FLAG FOOTBALL, SOFTBALL, BADMINTON, BASKETBALL, SOCCER, AND VOLLEYBALL.

Contact: 703-737-8450 or 703-737-5211

#### **YOUTH SPORTS**

For more information on the following youth sports programs, visit www.loudoun.gov/prcs.

#### **BASKETBALL**

#### INSTRUCTIONAL BASKETBALL

(Ages 4-8 coed) Loudoun youth have learned fundamental skills in our instructional program for over 25 years. We create a fun, exciting, and non-competitive atmosphere for skill development. All participants receive a PRCS sports T-shirt. THIS IS NOT A LEAGUE. Scrimmage games may be played.

Location: Arcola Elementary, South Riding

121206-01 \$65.00 Grade K, Ages 4-6 Sa 10/11-11/8 9:00A-9:45A 121206-02 \$65.00 Grade 1, Ages 5-7 10:00A-10:45A Sa 10/11-11/8 121206-03 \$65.00 Grade 2, Ages 6-8

Sa

10/11-11/8 11:00A-11:45A Location: Ashburn Elementary, Ashburn

121211-01 \$65.00 Grade K, Ages 4-6 10/11-11/8 9:00A-9:45A Sa 121211-02 \$65.00 Grade 1, Ages 5-7

10/11-11/8 10:00A-10:45A Sa 121211-03 \$65.00 Grade 2, Ages 6-8

10/11-11-8

Sa

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Location: Balls Bluff Elementary, Leesburg

10:00A-10:45A

11:00A-11:45A

11:00A-11:45A

11:00A-11:45A

121203-01 \$65.00 Grade K, Ages 4-6 10/11-11/8 9:00A-9:45A Sa 121203-02 \$65.00 Grade 1, Ages 5-7 10/11-11/8 10:00A-10:45A Sa 121203-03 \$65.00 Grade 2, Ages 6-8

**Location: Harmony Intermediate, Hamilton** 

10/11-11/8

121202-01 \$65.00 Grade K, Ages 4-6 10/11-11/8 9:00A-9:45A Sa 121202-02 \$65.00 Grade 1, Ages 5-7 10/11-11/8 10:00A-10:45A Sa 121202-03 \$65.00 Grade 2, Ages 6-8

Location: Little River Elem., South Riding

10/11-11/8

121209-01 \$65.00 Grade K, Ages 4-6 10/11-11/8 9:00A-9:45A Sa 121209-02 \$65.00 Grade 1, Ages 5-7 Sa 10/11-11/8 10:00A-10:45A 121209-03 \$65.00 Grade 2, Ages 6-8 10/11-11/8 11:00A-11:45A Sa

**Location: Potomack Elementary, Sterling** 

121205-01 Grade K, Ages 4-6 \$65.00 10/11-11/8 9:00A-9:45A 121205-02 \$65.00 Grade 1, Ages 5-7 10/11-11/8 10:00A-10:45A Sa 121205-03 \$65.00 Grade 2, Ages 6-8

Location: Round Hill Elem., Round Hill

10/11-11/8

121208-01 Grade K, Ages 4-6 \$65.00 10/11-11/8 9:00A-9:45A Sa 121208-02 \$65.00 Grade 1, Ages 5-7 10/11-11/8 10:00A-10:45A Sa 121208-03 \$65.00 Grade 2, Ages 6-8 Sa 10/11-11/8 11:00A-11:45A

Location: Sanders Corner Elem., Ashburn

121207-01 \$65.00 Grade K, Ages 4-6 10/11-11/8 9:00A-9:45A 121207-02 \$65.00 Grade 1, Ages 5-7 10/11-11/8 10:00A-10:45A Sa 121207-03 \$65.00 Grade 2, Ages 6-8 10/11-11/8 11:00A-11:45A SPORTS ADULT & YOUTH 703-777-0343

#### **Location: Sterling Elementary, Sterling**

121201-01	\$65.00	Grade K,	Ages 4-6
Sa	10/11-11/	8 9:00	0A-9:45A
121201-02	\$65.00	Grade 1,	Ages 5-7
Sa	10/11-11/	8 10:00	A-10:45A
121201-03	\$65.00	Grade 2,	Ages 6-8
Sa	10/11-11/	8 11:00.	A-11:45A

#### **FENCING**

#### LETOUCHE FENCING

(Ages 13 & up) Learn the basics of foot work, stance, weapon care, history of dueling, and fence one on one with the coach, assistant coach, and other team mates. Appropriate for ALL levels, beginner-advanced.

#### **Location: Harmony Intermediate, Hamilton**

121712-01	\$125.00	
W	9/17-11/12	6:00P-8:30P
121712-02	\$125.00	
W	9/17-11/12	6:00P-10:00P

#### **GYMNASTICS**

#### MOM, DAD AND ME GYMNASTICS

(Ages 18mos -3yrs) A playfully structured gymnastics experience involving strong parent participation. Covers movement, motor control, rhythms, and simple gymnastic elements.

#### Location: Loudoun Gymnastics Ctr, Sterling

121101-01	\$83.40	
Tu	9/2-10/7	9:30A-10:15A
121101-02	\$83.40	
Sa	9/6-10/18	9:00A-9:45A
121101-03	\$83.40	
Tu	10/21-11/25	9:30A-10:15A
121101-04	\$83.40	
Sa	10/25-11/22	9:00A-9:45A

#### MINI BEARS GYMNASTICS

(Ages 3 & 4) A coed instructor led beginner's class that uses all available equipment to explore movement, rhythms, and motor control around basic gymnastics elements.

#### Location: Loudoun Gymnastics Ctr, Sterling

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121102-01	\$83.40	
M	9/8-10/13	9:00A-9:45A
121102-02	\$83.40	
W	9/3-10/8	11:00A-11:45A
121102-03	\$83.40	
M	10/20-11/24	9:00A-9:45A
121102-04	\$83.40	
W	10/22-11/26	11:00A-11:45A

#### PANDA BEARS GYMNASTICS

(Ages 5 & 6) A coed instructor-led class with a focus on developing core gymnastics skills through fun progression learning.

<b>Location: Loudoun Gymnastics Ctr, Sterling</b>		
\$111.00		
9/8-10/13	9:00A-10:00A	
\$111.00		
9/5-10/17	1:00P-2:00P	
\$111.00		
10/20-11/24	9:00A-10:00A	
\$111.00		
10/24-11/21	1:00P-2:00P	
	\$111.00 9/8-10/13 \$111.00 9/5-10/17 \$111.00 10/20-11/24 \$111.00	

#### GIRLS BEGINNER GYMNASTICS

(Ages 6 -8 Girls) This is a basic level class that introduces flexibility and strength through progressive gymnastics training.

#### **Location: Loudoun Gymnastics Ctr, Sterling**

121709-01	\$111.00	
Tu	9/2-10/7	5:30P-6:30P
121709-02	\$111.00	
W	9/3-10/8	6:30P-7:30P
121709-03	\$111.00	
Tu	10/21-11/25	5:30P-6:30P
121709-04	\$111.00	
W	10/22-11/26	6:30P-7:30P

#### GIRLS INTERMEDIATE GYMNASTICS

(Ages 8-11) Students are taught higher progressions of gymnastics. Students learn at their own pace. Flexibility and strength are built on.

Location: Loudoun Gymnastics Ctr, Sterling		
121169-02	\$166.00	
Tu	9/2-10/7	5:30P-7:00P
121169-01	\$166.00	
Sa	9/6-10/18	9:00A-10:30A
121169-04	\$166.00	
Tu	10/21-11/25	5:30P-7:00P
121169-03	\$166.00	
Sa	10/25-11/22	9:00A-10:30A

#### HOME SCHOOL GYMNASTICS

(All ages) The perfect balance of physical education and gymnastics exploration. Body awareness, flexibility, and general fitness are some of the focal points.

#### **Location: Loudoun Gymnastics Ctr, Sterling**

121710-01	\$111.00	
W	9/3-10/8	1:00P-2:00P
121710-02	\$111.00	
W	10/22-11/26	1:00P-2:00P

#### **BOYS BEGINNER GYMNASTICS**

(Ages 6-8 Boys) See description for Girls Beginner.

#### Location: Loudoun Gymnastics Ctr, Sterling

121711-01	\$111.00	*
121/11-01	\$111.00	
Sa	9/6-10/18	11:00A-12:00P
121711-02	\$111.00	
M	9/8-10/13	4:30P-5:30P

\$111.00	
10/20-11/24	4:30P-5:30P
\$111.00	
10/25-11/22	11:00A-12:00P
	10/20-11/24 \$111.00

#### TUMBLE & TRAMPOLINE GYMNASTICS FOR BEGINNERS

(Ages 6 & up) This introductory class brings all the excitement of flight surrounding the core area of gymnastics- flexibility, strength, and basic skill development.

#### Location: Loudoun Gymnastics Ctr, Sterling

121718-01	\$111.00	
M	9/8-10/13	5:30P-6:30P
121718-02	\$111.00	
Sa	9/6-10/18	10:00A-11:00A
121718-03	\$111.00	
M	10/20-11/24	5:30P-6:30P
121718-04	\$111.00	
Sa	10/25-11/22	10:00A-11:00A

#### GYMNASTICS SCHOOL'S OUT CAMP

(Ages 5-16) Children can spend a half or a full day at the gym enjoying gymnastics, games, relays, arts and crafts and more.

#### **Location: Loudoun Gymnastics Ctr, Sterling**

121123-05	\$45.00	Half-day
M	10/13-10/13	9:00A-12:00P
121123-06	\$45.00	Full-day
M	10/13-10/13	9:00A-4:00P
121123-01	\$45.00	Half-day
M	11/3-11/3	9:00A-12:00P
121123-02	\$70.00	Full-day
M	11/3-11/3	9:00A-4:00P
121123-03	\$45.00	Half-day
Tu	11/4-11/4	9:00A-12:00P
121123-04	\$70.00	Full-day
Tu	11/4-11/4	9:00A-4:00P

#### GYMNASTICS AFTER SCHOOL CLUB

(Ages 6-12) Kid's Club offers a safe, healthy, comfortable environment centered around gymnastics. Activities include gymnastics, games, arts & crafts, homework, snack and study time.

#### Location: Loudoun Gymnastics Ctr, Sterling

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\$350.00	
10/1-10/31	2:30P-6:00P
\$320.00	
11/1-11/30	2:30P-6:00P
	\$350.00 10/1-10/31 \$320.00

#### KID'S FUN NIGHT

(Ages 1-14) Drop your kids off from for an evening of fun at the gym. Kids will enjoy open gym, games, pizza, and demonstrations while you enjoy a night out!

#### 703-777-0343

#### **BANSHEE REEKS NATURE PRESERVE**

#### **Location: Loudoun Gymnastics Ctr, Sterling**

**121217-01** \$30.00

F 9/26-9/26 7:00P-10:00P

**121217-02** \$30.00

F 11/21-11/21 7:00P-10:00P

#### SOCCER

#### GOLDEN BOOT MINI KICKERS

(Ages 4-6) Incorporates soccer skill with motor skill development in a positive non-competitive environment. Players learn coordination, balance and agility, self esteem, and confidence.

#### **Location: Potomac Lakes, Sterling**

**121216-01** \$125.00 M 9/8-10/6 12:30P-1:30P **121216-02** \$125.00

Th 9/11-10/9 2:00P-3:00P

Location: Lyndora Park, Ashburn

**121216-03** \$125.00 Tu 9/9-10/7 2:00P-3:00P **121216-04** \$125.00

F 9/12-10/10 12:30P-1:30P

**Location: Claude Moore Park, Sterling** 

**121216-05** \$125.00

Sa 9/13-10/11 9:00A-10:00A

#### MORAVEK SOCCER TOTS-FALL

(Ages 3-5 Coed) These clinics will develop player skills, improve performance, and continue to build upon the players' love for the game.

#### Location: Loudoun Valley Community Center, Purcellville

**121120-01** \$100.00 M 9/15-10/24

M 9/15-10/24 10:00A-11:00A

**121120-02** \$100.00

F 9/15-10/24 10:00A-11:00A

### MORAVEK SOCCER ADVANCED SKILLS

(Ages 6-12) Provides a fun yet very challenging day of high intensity training. Sessions focus on individual and team refinement of technical and tactical skills and a higher level of fitness.

#### **Location: Ashburn Elementary**

**121121-01** \$175.00

Sa 9/14-11/16 2:00P-3:30P

**121121-02** \$175.00

Su 9/14-11/16 11:00A-12:30P

**Location: Leesburg Annex 121121-03** \$175.00

Sa 9/14-11/16 4:00P-5:30P

**Location: Round Hill Elementary** 

**121121-04** \$175.00

Su 9/14-11/16 1:30P-3:00P

#### **SPORTS PERFORMANCE**

### M.A.S.E INTERMEDIATE SPORTS PERFORMANCE

(A.ges 8-13 Coed) The MASE ISP program is designed to develop character and leadership using sports performance training. We will focus on developing proper running form, speed, agility, and quickness!

#### Location: Harper Park Middle, Leesburg

**121716-01** \$115.00

Tu 9/23-10/28 6:30P-7:30P

**Location: River Bend Middle, Sterling** 

**121716-02** \$115.00

Th 9/25-10/30 6:30P-7:30P

**Location: Harper Park Middle Leesburg** 

**121716-03** \$115.00

Tu 11/4-12/16 6:30P-7:30P **Location: River Bend Middle, Sterling** 

**121716-04** \$115.00

Th 11/6-12/18 6:30P-7:30P

#### BANSHEE REEKS NATURE PRESERVE

21085 The Woods Rd. Leesburg, VA 20175

703-669-0316

Hours: Sa-Su 8:00A-4:00P www.bansheereeks.org

Enjoy the beauty of Banshee Reeks, a 725acre nature preserve in the heart of Loudoun County! The preserve consists of successional fields, hardwood forests, wetlands and riverine habitat. Banshee Reeks strives to protect the rich natural environment of varied plant and animal populations within its borders. This is a unique environment within Loudoun County due to its size and habitat variation. Goose Creek, a State Scenic River that encompasses abundant and diverse wildlife and associated habitats, runs over 2 miles along the border of Banshee Reeks. The preserve is open to the public EVERY Saturday and Sunday from 8:00A to 4:00P and to organized groups that secure a permit for access from the Manager.

#### **VOLUNTEER OPPORTUNITIES**

The 3<sup>rd</sup> Saturday of each month beginning at 9:00AM, is Volunteer Day at Banshee Reeks. This is a great way to become more familiar with the preserve and meet people who share a common interest in nature, history and the environment. Activities vary with indoor and outdoor projects. Children under 16 must be accompanied by an adult. Volunteer Day is held regardless of weather conditions.

#### TRAILS ARE OPEN

Enjoy many of the miles of trails at Loudoun County's only nature preserve. Bring the family. No registration required.

#### BIRDING BANSHEE

(Ages 14 & up) Join the Friends of Banshee Reeks for their guided bird walks. These free guided walks begin at 8AM and are held on the 2nd Saturday of each month. These walks provide both the beginner and experienced birder a chance to see some spectacular birds. Please bring binoculars.

#### **GUIDED WALKABOUTS**

Special guided walkabouts can be provided to Scout groups, school classes and community organizations. Scout groups can earn Activity Pins, Try-its or Merit Badges. School groups can observe aspects of the natural world that they have been studying in the classroom. These walkabouts can be used to introduce your group to some of the special ecological characteristics, historical resources and wildlife habitats of the preserve. Fee is \$2/person with a minimum charge of \$15. Call 703-669-0316.

#### **CAMPING AT BANSHEE REEKS**

Camping is allowed by special permit for organized Scout groups only. All camping is LNT (Leave No Trace) and primitive. Campers must hike-in. Toilets and water are available. Cooking is done on stoves only. Fires are dependent on weather and ONLY by permission of BRNP Manager. Fees are \$2.50/person/night with a minimum of \$15/night. Call 703-669-0316 for permit and camping policies.

#### PLAN YOUR NEXT RETREAT, TRAINING OR SEMINAR AT BANSHEE!

The new Education Annex at Banshee Reeks is the perfect setting for your next retreat, seminar, meeting or training intervention. It can accommodate up to 40 attendees with plenty of parking. Amenities include a digital projector, kitchenette, restroom and picnic tables – all within the beautiful and tranquil surroundings of Loudoun's only nature preserve. Call 703-669-0316 for rental reservations.

# REGISTER ONLINE!

Visit
www.loudoun.gov/prcs
and click on the
Webtrac link.

#### BLUEMONT COMMUNITY CENTER

33846 Snickersville Pike Bluemont, Virginia 20135

540-554-8643

M-Th 7:00A-8:30P F 7:00A-6:30P Sa 9:00A-1:00P

#### **PRESCHOOL AGE PROGRAMS**

#### HONOR GRANDPARENTS

(Ages 3-5) Create a surprise for the grandparent's special day.

**106103-01** \$7.00 (+\$1 supplies) Sa 9/6-9/6 10:00A-11:00A

#### MOMMY & ME

(Ages 6mos-5yrs) Parent/child class includes tumbling and dancing. Instructor: Jen Stone.

106105-01	\$24.00	
M	9/8-9/29	10:30A-11:15A
106105-02	\$18.00	
M	10/6-10/27	10:30A-11:15A
106105-03	\$18.00	
M	11/10-11/24	10:30A-11:15A

#### TEE BALL

(Ages 3-5) Learn the basics of tee ball. Class is held at Round Hill Elementary School.

**106104-01** \$21.00 M 9/8-9/22 3:30P-4:30P

#### TUMBLING TOTS

(Ages 3-5) Come play games, and learn skills on floor, beam, bars and vault. Instructor: Jennifer Cooke.

106100-01	\$18.00	
F	9/12-9/26	11:45A-12:30P
106100-02	\$24.00	
F	10/3-10/24	11:45A-12:30P
106100-03	\$18.00	
F	11/7-11/21	11:45A-12:30P

#### SPANISH FOR KIDS

(Ages 3-5) Kids will learn basic Spanish words, numbers, and expressions. Instructor: Ana Vogt.

**106101-01** \$42.00 M,W,F 9/15-9/26

-9/26 9:15A-10:15A

#### INTRO TO GYMNASTICS

(Ages 3½-5) Learn tumbling and balance beam basics. Instructor: Connie McCrary.

**106106-01** \$24.00

M 9/15-9/29 11:45A-12:30P

106106-02	\$24.00	
M	10/6-10/27	11:45A-12:30P
106106-03	\$24.00	
M	11/10-11/24	11:45A-12:30P

#### CREATIVE DANCE

(Ages 3½-5) Introduction to ballet, tap and creative dance. Instructor: Connie McCrary.

106107-01	\$16.00	
W	9/17-9/24	11:45A-12:30P
106107-02	\$40.00	
W	10/1-10/29	11:45A-12:30P
106107-03	\$24.00	
W	11/5-11/19	11:45A-12:30P

#### SATURDAY MORNING PLAYGROUP

(Ages 1-2) Bond with your child and meet other parents each week. Parent participation is highly encouraged. Instructor: Jackie Farris

106102-01	\$7.00	Circus Animals
Sa	9/20-9/20	10:30A-11:30A
106102-02	\$7.00	Pudding Party
Sa	10/11-10/11	10:30A-11:30A
106102-03	\$7.00	Music Band
Sa	11/8-11/8	10:30A-11:30A

#### SOCCER, SHOT AND GOAL

(Ages 3-5) Basic soccer skills will be taught. Class to be held at Round Hill Elementary School.

**106109-01** \$21.00 M 10/6-10/20 3:30P-4:30P

#### COLUMBUS DAY SHIPWRIGHTS

(Ages 3-5) Enjoy an afternoon making boats, playing games and learning about exploration across the sea.

**106110-01** \$17.50 M 10/13-10/13 1:00P-3:30P

#### ABC AFTERNOON

(Ages 3-5) Spend the afternoon playing games, reading activities, and crafts centered around learning the ABC's.

**106108-01** \$14.00 M 11/3-11/3 1:00P-3:00P

#### PRESCHOOL FOOTBALL

(Ages 3-5) Young football players will learn the basics of football. Class is held at Round Hill Elementary School.

**106114-01** \$21.00 M 11/3-11/17

M 11/3-11/17 3:30P-4:30P

#### NATIVE AMERICAN ART

(Ages 3-5) Celebrate Native American month by exploring fun and educational art, stories and crafts. Instructor: Jackie Farris. **106112-01** \$21.00

Tu 11/4-11/4 9:00A-12:00P

#### **PUMPKIN ART FUN**

(Ages 3-5) Take leftover pumpkins to create beautiful artwork, play great games, and learn about harvest time.

**106111-01** \$14.00

Tu 11/4-11/4 1:00P-3:00P

#### THANKSGIVING STORY TIME

(Ages 3-5) Turkeys, corn and pumpkins make great decorations for your Thanksgiving dinner. Instructor: Jackie Farris.

**106115-01** \$14.00 (+\$1 supplies) Sa 11/15-11/15 10:00A-12:00P

#### THANKSGIVING CELEBRATION

(Ages 3-5) Kids get a chance to make great Thanksgiving decorations, no-bake treats, and play games.

**106113-01** \$14.00

W 11/26-11/26 1:00P-3:00P

#### **ELEMENTARY AGE PROGRAMS**

#### **BEGINNER GYMNASTICS**

(Ages 5-10) Students will learn basic tumbling, beam, bars and vault skills. Instructor: Jennifer Cooke.

106200-01	\$21.00	
Sa	9/6-9/27	9:30A-10:30A
106200-02	\$28.00	
Sa	10/4-10/25	9:30A-10:30A
106200-03	\$21.00	
Sa	11/8-11/22	9:30A-10:30A

#### INTERMEDIATE GYMNASTICS

(Ages 5-12) This class is designed for gymnasts who have taken gymnastics before. Students will continue to work on their skills. Instructor: Jennifer Cooke.

106201-01	\$21.00	
Sa	9/6-9/27	10:30A-11:30A
106201-02	\$28.00	
Sa	10/4-10/25	10:30A-11:30A
106201-03	\$21.00	
Sa	11/8-11/22	10:30A-11:30A

#### ADVANCED GYMNASTICS

(Ages 6-12) Class for gymnasts who have their roundoff & want to learn walkovers, handsprings, and other advanced gymnastics skills. Instructor: Jennifer Cooke

30F
30F

#### **BLUEMONT COMMUNITY CENTER**

**106209-03** \$21.00

Sa 11/8-11/22 11:30A-12:30P

#### SATURDAY SOCCER

(Ages 5-7) Learn basic skills in stopping, passing and shooting the soccer ball. Instructor: Noelle Bravo.

**106203-01** \$21.00

Sa 9/6-9/27 9:30A-10:30A

#### BASICS OF BASEBALL

(Ages 6-8) Basic skills such as hitting, fielding, throwing and running will be taught. Class is held at Round Hill Elementary School.

**106202-01** \$21.00

Tu 9/9-9/23 3:30P-4:30P

#### **BOARD GAME BONANZA**

(Ages 6-8) Checkers, Battleship, Chutes and Ladders, and more will be played for fun and socialization. Instructor: Katie Petersen.

**106205-01** \$21.00

Tu 9/9-9/23 5:00P-6:00P

#### **CARTOON ART**

(Ages 6-12) All kids like to draw cartoons. Children will learn different techniques of drawing. Instructor: Don Stinnette.

**106204-01** \$21.00

Th 9/11-9/25 4:00P-5:00P

#### KINDERGARTEN GYMNASTICS

(Ages 5-6) Learn and perfect basic gymnastic skills after AM K. Includes cartwheels, handstands, balance beam, vault, and bar skills. Instructor: Jennifer Cooke.

**106210-01** \$35.00

W 10/1-10/29 1:00P-2:00P

#### BASICS OF SOCCER

(Ages 6-8) Focuses on the basic soccer fundamentals and skills. Class is held at Round Hill Elementary School.

**106207-01** \$21.00

Tu 10/7-10/21 3:30P-4:30P

#### **AUTUMN ACTOR'S SKIT**

(Ages 6-11) Practice your acting skills by working on and performing a spooky skit. Last class will be a performance. Instructor: Katie Petersen.

**106211-01** \$28.00

Tu 10/7-10/28 5:00P-6:00P

#### **ELEMENTARY ART**

(Ages 7-11) Learn painting basics through an understanding of color. Instructor: Don Stinnette.

**106208-01** \$14.00

W 10/8-10/15 4:00P-5:00P

#### ELEMENTARY TEMPERA PAINTING

(Ages 6-12) Learn the basics of painting and develop skills and techniques of tempera painting. Instructor: Don Stinnette.

**106216-01** \$14.00

Th 10/9-10/16 4:00P-5:00P

#### HORSING AROUND ON THE FARM

(Ages 6-8) For those seeking a first-time introduction to horses and basic care. Class meets at Bay Haven Farm.

**106213-01** \$10.50

Th 10/9-10/9 4:00P-5:30P

#### **BASICS OF HORSE & FARM CARE**

(Ages 9-11) First-time, hands-on experiences with horses and farm animals. Class meets at Bay Haven Farm.

**106217-01** \$10.50

Th 10/16-10/16 4:00P-5:30P

#### NATIVE AMERICAN SPIRIT

(Ages 6-10) Learn about the Native American way of life through examining artifacts, creating art and building projects. Instructor: Jackie Farris.

**106218-01** \$14.00

Tu 11/4-11/4 1:00P-3:00P

#### **BASICS OF FOOTBALL**

(Ages 6-8) Players will develop skills in safety, throwing, catching and running. Class held at Round Hill Elementary.

**106215-01** \$21.00

Tu 11/4-11/18 3:30P-4:30P

#### HOLIDAY ETIQUETTE

(Ages 6-11) Let your child shine for the holidays. Learn proper table etiquette and manners. Instructor: Debbie Rouady.

**106206-01** \$14.00

Th 11/6-11/6 3:30P-5:30P

#### SKETCHING CHARCOAL

(Ages 6-12) Students will learn to use charcoal and drawing techniques for art sketches. Instructor: Don Stinnette.

**106214-01** \$14.00

Γh 11/13-11/20 4:00P-5:00P

#### WINTER PAGENT PLAY

(Ages 6-11) Calling all actors! Children will work on & perform a winter themed play. Instructor: Katie Petersen.

**106212-01** \$56.00

Tu,Th 11/20-12/18 5:00P-6:00P

### MIDDLE & HIGH SCHOOL PROGRAMS

#### HOLIDAY ETIQUETTE FOR TEENS

(Ages 12-14) Time to brush up on your party manners before the holidays. Tips to help your teen shine this season. Instructor: Debbie Rouady.

**106301-01** \$14.00

M 11/3-11/3 1:00P-3:00P

#### FUTURE REC CLUB LEADERS

(Ages 14-18) Young men and women can apply to be leaders for future children's programs.

106401-01

M-Sa 9/2-11/28 3:30P-6:00P

#### **ADULT PROGRAMS**

#### **GET FIT WITH LINDA**

(Ages 18 & up) Workout includes stretching, aerobics and matwork. Class is ongoing. Instructor: Linda Sapp.

**106501-01** \$56.00

M,W,F 9/3-9/19 9:15A-10:15A

#### PAINTING W/ACRYLICS

(Ages 18 & up) Learn the basics of painting with acrylics. Students must have canvas, brushes and acrylic paints. Instructor: Don Stinnette.

**106503-01** \$40.00

W 9/3-9/24 7:00P-8:30P **106503-02** \$40.00

W 10/1-10/22

**106503-03** \$40.00 W 11/5-11/26 7:00P-8:30P

#### STROLL IN THE FALL

(Ages 18 & up) Start the morning off with a brisk around the town of Round Hill. Walk will start at the Round Hill Center. Moms, bring your strollers. Instructor: Linda Sapp.

**106504-01** \$6.00

Tu 10/7-10/21 9:15A-10:15A

#### **SENIOR PROGRAMS**

#### SENIOR VOLUNTEERS AT BLUEMONT

(Ages 55 & up) We're recruiting seniors to tutor, read, mentor and help with other programs.

106601-01

M,Tu,W,Th,F 9/2-11/28 9:00A-3:00P

#### **MULTI-AGE PROGRAMS**

#### **EVENING YOGA**

(Ages 13 & up) Relax and enjoy this ancient art of exercise. Instructor: Jen Stone.

7:00P-8:30P

#### 540-554-8643

106705-01	\$56.00	
W	9/3-9/24	6:15P-7:45P
106705-02	\$70.00	
W	10/1-10/29	6:15P-7:45P
106705-03	\$42.00	
W	11/5-11/19	6:15P-7:45P

#### ENGLISH COUNTRY DANCING

(Ages 16 & up) No experience required to learn this elegant social dancing as seen in the popular Jane Austen films. Those new and familiar to this English style of traditional dance, similar to Contra dancing, are welcomed.

Instructor: Melissa Running

106712-01	\$40.00	
Th	9/4-9/18	6:30P-8:30P
106712-02	\$40.00	
Th	10/9-10/23	6:30P-8:30P
106712-03	\$40.00	
Th	11/6-11/20	6:30P-8:30P

#### BEGINNER GUITAR

(Ages 7 & up) Beginner class to learn chords, strumming, and easy songs. Must provide own guitar. Instructor: Kerry Smith.

106701-01	\$21.00
100/01-01	Ψ21.00

Sa 9/6-9/27 10:00A-11:00A

#### **ZUMBA**

(Ages 15 & up) Zumba is an aerobic, Latin inspired dance step that provides a party atmosphere and total body workout. Instructor: Mary Ann Wall.

106704-01	\$28.00	
M	9/8-9/29	7:00P-8:00P
106704-02	\$28.00	
M	10/6-10/27	7:00P-8:00P
106704-03	\$28.00	
M	11/3-11/24	7:00P-8:00P

#### BABYSITTING 101

(Ages 11 & up) This American Red Cross class will teach you how to interview, choose safe toys, prevent injuries, perform first aid and change diapers. Bring a lunch. Pre-registration by 9/19. Instructor: Elizabeth Coberly.

106707-01	\$60.00	
Sa	9/27-9/27	9:00A-3:30P

#### MS. AUSTEN'S BOOK CLUB

(Ages 16 & up) Chance to read and discuss the classic works of Jane Austen, starting with "Sense and Sensibility." A new title every month.

106706-01	\$6.00	
M	9/29-11/24	7:00P-8:00P

#### BLUEMONT'S WII BOWLING LEAQUE

(Ages 6 & up) We've created BWBL (Bluemont's Wii Bowling Leaque). Compete against other teams. Must have one adult participant per team.

**106711-01** \$28.00/team

Sa 10/4-10/25 9:00A-1:00P

#### PARENT'S NIGHT OUT

(Ages 3-10) Take a break from the kids. We'll supply the entertainment, pizza and drinks. Register by 10/8.

**106702-01** \$25.00

F 10/10-10/10 6:00P-10:00P

#### JEWELRY MAKING

(Ages 13 & up) Create your very own piece of beaded jewelry. Instructor: Angie Marsh.

**106708-01** \$14.00 (+\$7 supplies) W 10/15-10/15 5:30P-7:30P

#### IN THE EYE OF THE PHOTOGRAPHER

(Ages 16 & up) Class for amateur digital photographers who want to improve. Students will photograph and critique their own work. Bring your camera. Instructor: Jackie Farris.

**106709-01** \$21.00

Sa 10/18-10/18 10:00A-1:00P

#### INTRO TO EQUINES & CANINES

(Ages 12 & up) Learn the basics of horse, dog, and farm care. Class meets at Bay Haven Farm. Instructor; Anna Cohen.

**106710-01** \$10.50

Th 10/23-10/23 4:00P-5:30P

# CARVER CENTER

200 Willie Palmer Way Purcellville, VA 20132

571-258-3400

M-F 9:00A- 4:00P (Seniors) M-F 4:00P-9:00P & Sa 9:00A-6:00P (All ages)

#### **DROP-IN FEES**

Ages 55 & up (members)	Free
Ages 55 & up (non-members)	\$1
Provides access to entire site	
Ages 18-54	\$2
Ages 18-54	\$3
Full access to computer and fitness room	IS
0	\$1.50
Ages 17 & under	\$3
Full access to computer and fitness room	IS

#### **CARVER CENTER**

### EDUCATION & INFORMATION PROGRAMS

#### INTRODUCTION TO INDIAN COOKING

(Ages 16 & up) This class introduces students to popular Indian dishes, with a focus on authentic flavors and healthy preparation. Call Anjali Chawla to register at 540-338-2108. No class 10/13.

Pay instructor \$125.00

M 9/15-11/3 6:30P-8:30P

#### ENGLISH AS A SECOND LANGUAGE

(Ages 16 & up) Make payment to Loudoun Literacy Council. No class 11/28.

Pay instructor \$30.00

F 9/19-12/12 6:30P-8:30P

#### CHESS CLUB

(All ages) Popular club for all ages and ability levels. Instruction provided on Thursdays.

Pay at door	\$2.00 (\$1.50/	under 18)
Th	on-going	6:00P-9:00P
Sa	on-going	3:00P-6:00P

#### **COMPUTER LAB**

(Ages 18 & up) Call ahead for availability.

Pay at door \$3.00

M-F Seniors 9:00A-4:00P M-F Ages 18 & up 4:00P-9:00P Sa Ages 18 & up 9:00A-6:00P

#### **BOOK CLUB**

(Ages 18 & up) Monthly book discussions. 3<sup>rd</sup> Tu on-going 10:30A-12:00P

#### **GUEST SPEAKER SERIES**

(Ages 18 & up) Watch your Silver Star and Carver's monthly calendar for more details. 4th Tu on-going 10:30A-12:00P

#### CARVER CENTER ADVISORY BOARD

(Ages 18 & up) Help make suggestions for programs, projects, activities and events.

1<sup>st</sup> Tu on-going 1:00P

#### FRIENDS OF CARVER MEETING

(Ages 18 & up) Join this active group as they continue their efforts to preserve and enhance our wonderful facility.

2<sup>nd</sup> Tu on-going 1:30P

### FINE & APPLIED ARTS PROGRAMS

#### JOY OF JOURNALS

Join instructor Christyna Hunter, freelance writer and prize-winning author of *The Butterfly's Dance*.

CARVER CENTER 571-258-3400

**130710-01** \$12.00

F 9/26-9/26 6:00P-8:00P

#### WRAPS

(Ages 12-16) Use printmaking, marbleizing, batiking and dyeing techniques to make fabric and paper wraps. Instructor: Aledra Hollenbach.

**130703-01** \$65.00 (+\$10 supplies) W 10/8-11/12 4:00P-5:00P

#### HANDWORK GROUP

(Ages 18 & up) Bring a project (knitting, crocheting, quilting, embroidery, etc.) and chat with friends while you work.

Tu on-going 7:00P-9:00P

#### LOUDOUN SKETCH CLUB

(Ages 18 & up) Group meets outdoors for self-directed projects during warm weather months and indoors in cooler months. Purchase own materials. Call Jean Kipfer at 540-751-9200.

Pay at door \$20/annual membership
Tu \$00-going \$10:00A-1:00P

### BEGINNING WATERCOLOR GROUP (Drop-in)

(Ages 18 & up) Basic watercolors with Jean Kipfer.

Pay at door \$3.00

Th on-going 12:30P-2:30P

#### ACRYLIC PAINTING (Drop-in)

(Ages 18 & up) "The sky's the limit" in this landscape/sky painting class. Materials and basic techniques covered. Instructor: Nan Bowe.

Pay at door \$3.00

Tu on-going 1:00P-3:00P

### HEALTH & FITNESS PROGRAMS

#### KICKBOXING

(Ages 12 & up) Kickboxing is a terrific workout! Instructor: Mahesh Pathirana

**130701-01** \$66.00

Sa 9/13-11/22 10:30A-11:30A

ZUMRA

(Ages 16 & up) Latin dance inspired aerobic exercise class. Instructor: Mary Ann Wall.

**130704-01** \$60.00

Tu 9/16-11/4 6:30P-7:30P

#### FABULOUS ABS

(Ages 16 & up) Take your ab exercises up a notch. Class uses thera-bands, stability balls, and free weights. Bring a mat. No class 10/9.

**130707-01** \$28.00 Part I Th 9/11-10/23 6:15P-6:45P **130707-02** \$28.00 Part II (advanced) Th 9/11-10/23 7:00P-7:30P

#### YOGA FOR BALANCING DEPRESSION

(Ages 18 & Up) Balance your body and quiet your mind. Bring a mat. Instructor: Rae Bielak. No class 10/13.

**130705-01** \$120.00

M 9/15-11/10 3:00P-4:00P

#### YOGA I

(Ages 18 & up) Progressive class. All equipment provided. Call Kathy Vore to register at 540-338-1861.

 Pay instructor
 \$120.00
 Section I

 Th
 9/11-10/30
 7:30P-8:45P

 Pay instructor
 \$120.00
 Section II

 Tu
 9/9-10/28
 7:30P-8:45P

#### YOGA I/II

(Ages 18 & up) See Yoga I description. No class 10/13.

Pay instructor \$120.00

M 9/8-11/3 7:30P-8:45P

#### YOGA II

(Ages 18 & up) Increase strength, flexibility and balance. Call Marilyn to register at 540-6686755.

 Pay instructor
 \$120.00
 Section I

 Tu
 on-going
 6:00-7:15P

 Pay instructor
 \$120.00
 Section II

 W
 on-going
 6:30-7:45P

#### **BLOOD PRESSURE CHECK**

(Ages 18 & up) Provided by Loudoun Healthcare Unit. No appointment needed. Check calendar for dates.

1st 3rd Th on-going 10:00A-12:00P

#### VIRGINIA RESOURCE CENTER FOR THE DEAF AND HARD OF HEARING

(Ages 18 & up) Joan Cassidy will be at Carver with information regarding mild to severe hearing loss and the newest equipment available.

 $2^{nd}\,Tu \qquad \qquad on\text{-going} \qquad \quad 10\text{:}00A\text{-}12\text{:}00P$ 

#### BLUE RIDGE SPEECH AND HEARING

(Ages 18 & up) A representative will be here on odd months only for cleaning and testing hearing aids, as well as providing resource information.

1st Tu on-going 10:30A-11:30A

#### FITNESS CENTER MEMBERSHIPS

Full use of the Carver fitness center and state of the art equipment – get in shape, stay healthy.

M-F 9:00A-4:00P Ages 55 & up M-F 5:00P-9:00P Ages 16 & up Sa 9:00A-6:00P Ages 16 & up
Drop-in fee (Ages 16-54) \$3.00
6-Month Membership (Ages 16-54) \$52.00
12-Month Membership (Ages 16-54) \$104.00

#### **DANCE PROGRAMS**

#### BEGINNING BALLROOM DANCE

(Ages 16 & up) A half-hour of instruction, followed by dancing. Partner optional. Instructor: Carol Whitmer.

 $\begin{array}{lll} \textbf{Pay at door} & \$10.00 / \text{person } \$25 / \text{family} \\ 2^{\text{nd}} \ 4^{\text{th}} \ F & \text{on-going} & 7:00P-8:45P \end{array}$ 

### INTERMEDIATE LINE DANCING (dropin class)

(Ages 16 & up) Work your body and mind! Instructor: Arlene Anderson.

Pay at door \$3.00/class

W on-going 6:00P-7:00P

### SOCIALIZING & ENTERTAINMENT

#### POOL ANYONE?

(Ages 18 & up) Enjoy honing your skills alone or some friendly competition.

Pay at door \$2.00

M-F on-going 4:00P-9:00P Sa on-going 9:00A-6:00P

### POTLUCK DINNER AND WHITE ELEPHANT BINGO

(All ages) Bring a covered dish and small wrapped bingo prize for a fun evening with friends and neighbors. Call 24 hours in advance for transportation.

4<sup>th</sup> W on-going 4:00P-6:00P

# REGISTER ONLINE!

Visit
www.loudoun.gov/prcs
and click on the
Webtrac link.

CLAUDE MOORE PARK 571-258-3700

#### CLAUDE MOORE PARK

Visitor Center: 21544 Old Vestal's Gap Road Sterling, VA 20164

Athletic Fields: 46150 Loudoun Park Lane 571-258-3700

www.loudoun.gov/claudemoorepark Visitor Center/Discovery Room:

Daily 9:00A-5:00P Park Hours: Daily 7:00A-Dusk

#### **PRESCHOOL AGE PROGRAMS**

Children experience the natural world through play, stories, and exploring outdoors (dress children appropriately). Children in drop-off classes must be toilet-trained.

#### **PARENT/CHILD CLASSES**

#### BABYPACKING

(Ages 6 mos-1yr) Enjoy a walk with your baby as a naturalist leads the group on a nature adventure. No unregistered siblings please.

161103-01	\$5.25	
F	9/12-9/12	9:30A-10:15A
161103-02	\$5.25	
F	10/10-10/10	9:30A-10:15A
161103-03	\$5.25	
F	11/7-11/7	9:30A-10:15A

#### **NATURE BUDDIES**

(Age 2) Toddlers explore nature with an adult. Discover trees, birds and ponds relating to a theme. No unregistered siblings please.

161104-01	\$5.25	Turtles
F	9/12-9/12	10:45A-11:30A
161104-02	\$5.25	Trees
F	10/10-10/10	10:45A-11:30A
161104-03	\$5.25	Squirrels
F	11/7-11/7	10:45A-11:30A

#### NATURE EXPLORERS

(Ages 3-5) Discover the outdoors together. Look for tracks, listen for bird calls, look under logs, and more, while focusing on themes.

	0
\$7.00	Turtles
9/26-9/26	10:00A-11:00A
\$7.00	Trees
10/24-10/24	10:00A-11:00A
\$7.00	Terrific Turkeys
11/21-11/21	10:00A-11:00A
	9/26-9/26 \$7.00 10/24-10/24 \$7.00

#### **DROP-OFF CLASSES**

#### DAZZLING DRAGONFLIES

(Ages 3-6) Can you "fly" forwards, backwards, and hover? Look through a dragonfly's "eye"

and make a dragonfly to take home.

161109-01	\$10.50	
M	9/8-9/8	9:30A-11:00A
161109-02	\$10.50	
M	9/8-9/8	12:30P-2:00P
161109-03	\$10.50	
Th	9/11-9/11	9:30A-11:00A
161109-04	\$10.50	
Th	9/11-9/11	12:30P-2:00P

#### MEADOW MAGIC

(Ages 3-6) What makes a meadow? See flowers, crickets, birds and maybe a turtle as we explore these wide open spaces in CMP.

161111-01	\$10.50	
M	9/15-9/15	9:30A-11:00A
161111-02	\$10.50	
M	9/15-9/15	12:30P-2:00P

#### TURTLE TIME

(Ages 3-6) Meet two turtles that live in the Visitor Center, explore the park to find wild ones, and make a turtle craft.

161113-01	\$10.50	
M	9/22-9/22	9:30A-11:00A
161113-02	\$10.50	
M	9/22-9/22	12:30P-2:00P
161113-03	\$10.50	
Th	9/25-9/25	9:30A-11:00A
161113-04	\$10.50	
Th	9/25-9/25	12:30P-2:00P

#### WIGGLING WEATHERMAN

(Ages 3-6) Can Wooly Bear caterpillars predict the weather? We'll roll logs and net fields to look for them and their insect friends.

161115-01	\$10.50	
M	9/29-9/29	9:30A-11:00A
161115-02	\$10.50	
M	9/29-9/29	12:30P-2:00P
161115-03	\$10.50	
Th	10/2-10/2	9:30A-11:00A
161115-04	\$10.50	
Th	10/2-10/2	12:30P-2:00P

#### TREE-RIFFIC FALL!

(Ages 3-6) Explore the beautiful leaves, nuts, seeds, and animals getting ready for winter.

161117-01	\$10.50	
M	10/6-10/6	9:30A-11:00A
161117-02	\$10.50	
M	10/6-10/6	12:30P-2:00P
161117-03	\$10.50	
Th	10/9-10/9	9:30A-11:00A
161117-04	\$10.50	
Th	10/9-10/9	12:30P-2:00P

#### ANIMAL TALK

(Ages 3-6) Frogs croak, birds chirp and bees buzz and dance! Discover the secret languages of wild animals.

161119-01	\$10.50	
M	10/20-10/20	9:30A-11:00A
161119-02	\$10.50	
M	10/20-10/20	12:30P-2:00P

#### PUMPKIN FUN

(Ages 3-6) Pumpkins mean fall! We'll look at their seeds, search for other wild fall fruits, and play pumpkin games.

\$10.50	
10/27-10/27	9:30A-11:00A
\$10.50	
10/27-10/27	12:30P-2:00P
	10/27-10/27 \$10.50

#### DINOSAUR DAYS

(Ages 3-6) Discover how big a Tyrannosaurus is, examine fossils, make your own, and do a dinosaur dance as we explore these amazing creatures.

161123-01	\$10.50	
M	11/10-11/10	9:30A-11:00A
161123-02	\$10.50	
M	11/10-11/10	12:30P-2:00P
161123-03	\$10.50	
Th	11/13-11/13	9:30A-11:00A
161123-04	\$10.50	
Th	11/13-11/13	12:30P-2:00P

### MIGRATION OR HIBERNATION--YOU CHOOSE!

(Ages 3-6) What would you do in winter... hibernate like the bats, migrate like the birds? Explore how animals survive.

161125-01	\$10.50	
M	11/17-11/17	9:30A-11:00A
161125-02	\$10.50	
M	11/17-11/17	12:30P-2:00P
161125-03	\$10.50	
Th	11/20-11/20	9:30A-11:00A
161125-04	\$10.50	
Th	11/20-11/20	12:30P-2:00P

#### T IS FOR TURKEY

(Ages 3-6) Sing a turkey song, play a turkey game, and hike through the forest as we investigate turkeys.

161127-01	\$10.50	
M	11/24-11/24	9:30A-11:00A
161127-02	\$10.50	
M	11/24-11/24	12:30P-2:00P

#### **ELEMENTARY AGE PROGRAMS**

#### WHAT EATS WHAT?

(Ages 6-10) Ever wonder what wildlife eats?

CLAUDE MOORE PARK 571-258-3700

CMP has many mouths to feed. Take a trail walk and find out how nature balances this extraordinary dinner table.

**161203-01** \$10.50

W 9/17-9/17 3:30P-5:00P

### FUN WITH FALL—TRAIL WALK & ART PROJECT

(Ages 6-10) In fall, the air is crisp and the foliage is colorful. Join a quest to find the perfect leaf for a fun art project.

**161207-01** \$10.50

W 10/15-10/15 3:30P-5:00P

### MAKE AN IMPRESSION: EXPLORING NATIVE AMERICAN POTTERY

(Ages 6-10) Examine archaeological artifacts and decorate clay like the Indians did.

**161211-01** \$10.50

W 11/12-11/12 3:30P-5:00P

#### **SCOUT PROGRAMS**

These programs meet most badge requirements. Adult must accompany scouts. Other badges available. Call for information and to register. \$4.00/scout/session.

#### **BROWNIES-ANIMALS TRY-IT**

Register \$4.00

Sa

Sa 10/4-10/4 1:00P-2:30P

#### WEBELOS-FORESTER BADGE

 Register
 \$4.00

 Sa
 10/11-10/11
 10:00A-11:30A

 Register
 \$4.00

 Sa
 10/11-10/11
 1:00P-2:30P

 Register
 \$4.00

10/18-10/18 10:00A-11:30A

BROWNIES-ECO-EXPLORER TRY-IT

 Register
 \$4.00

 Sa
 10/18-10/18
 2:30P-4:00P

 Register
 \$4.00

 Sa
 10/25-10/25
 10:00A-11:30A

#### WEBELOS-NATURALIST BADGE

**Register** \$4.00 Sa 11/1-11/1 10:00A-11:30A

WEBELOS GEOLOGIST

 Register
 \$4.00

 Sa
 11/15-11/15
 10:00A-11:30A

 Register
 \$4.00

Sa 11/15-11/15 1:00P-2:30P

### MIDDLE SCHOOL & HIGH SCHOOL AGE PROGRAMS

#### **COLORS FROM NATURE**

(Ages 12 & up) Create plant prints on fabric by pounding freshly-gathered plants, then create a mini-pillow, sachet, or beanbag.

**161301-01** \$14.00

Sa 9/13-9/13 2:00P-4:00P

#### FOCUS ON SKULLS AND BONES

(Ages 12 & up) Do a hands-on investigation of vertebrate bones to see how bird and bat wings differ, what we can learn by looking at an animal's teeth, and more.

**161303-01** \$14.00

Sa 11/1-11/1 1:00P-3:00P

#### **ADULT PROGRAMS**

### PROJECT WILD AND PROJECT WILD AQUATIC

(Ages 18 & up) Teachers and youth leaders explore nature activities, games, crafts, etc. to help kids in grades K -12 discover wildlife and environmental issues. Earn free nationally-recognized PW and PWA curricula. Call to register.

Free event

Sa 11/8-11/8 8:30A-5:00P

#### **MULTI-AGE PROGRAMS**

For all of the following programs, children must be accompanied by an adult.

#### FROGSHACKLE OPEN HOUSE

(All ages) Discover a treasure trove of objects from nature! No registration is required.

 Free event

 Th
 9/11-9/11
 2:30P-3:30P

 Free event

 Tu
 11/4-11/4
 1:00P-3:00P

#### LANESVILLE OPEN HOUSE

(All ages) Discover the history of this National Register of Historic Places listed property.

Free event 9/13-9/13 Sa 10:00A-12:00P Free event Sa 10/18-10/18 10:00A-12:00P Free event 11/4-11/4 Tu 1:00P-3:00P Free event Sa 11/8-11/8 10:00A-12:00P

### TWILIGHT EXPLORATION AND CAMPFIRE

(All ages) Take an early evening walk then hear Native American stories and songs around the campfire. Bring toasting sticks to roast marshmallows (provided).

Pay at door \$5.00

F 9/12-9/12 7:00P-9:00P

#### SQUIRRELS AND CHIPMUNKS

(Ages 5 & up) Discover chipmunk and squirrel tracks, their homes, and what they eat through a game, activities, and a craft.

Pay at door \$5.00

Sa 10/4-10/4 10:00A-12:00P

#### GOING BATTY AT TWILIGHT

(Ages 7 & up). Discover bats and their many benefits through stories, activities, and a night walk.

Pay at door \$5.00

F 10/24-10/24 6:00P-8:00P

### STORIES AND SONGS OF FALL HARVEST CAMPFIRE

(All ages) Join a naturalist around the campfire for stories and songs that early American Indians and pioneers shared during harvest time. Roast marshmallows and enjoy popcorn and cider (provided).

Pay at door \$5.00

Sa 10/25-10/25 6:00P-8:00P

#### JUNIOR RANGER PROGRAM

(Ages 6 & up) Explore park history and nature, complete an activity book, take the Junior Ranger pledge, and receive your patch.

Pay at door \$2.00

Daily 9/1-11/30 9:00A-5:00P

#### NATURE BIRTHDAY PARTY

(Ages 4 & up) Celebrate your birthday at CMP. Choose a theme from Turtles, Nature Safari, and others for older children.

Call ahead \$90.00

Days vary 9/1-11/30 10:00A-5:00P

#### GUIDED NATURE OR HISTORY HIKES

(All ages) Group hikes on a variety of topics.

**Call ahead** \$3.50 Days vary 9/1-11/30 9:00A-5:00P

#### **CAMPFIRE PROGRAMS**

(All ages) Gather around the campfire to enjoy a nature program including stories, songs, and toasting marshmallows.

Call ahead Fees vary

Days vary 9/1-11/30 10:00A-9:00P

#### **CLAUDE MOORE COMMUNITY CENTER**

46111 Loudoun Park Lane Sterling, VA 20164 571-258-3500 M-Th 8:00A-8:00P

F 9:00A-5:00P Sa 9:00A-2:00P

Supply & material fees are due to the instructor at the first class.

#### **PRESCHOOL AGE PROGRAMS**

#### MY FIRST PRESCHOOL 1 PM

(Ages 2-2½) Your child's first preschool class is a unique experience with books, songs, socialization, art, games, music, dance, and more! Register in person at CMCC.

510148-03 \$90.00 (+\$20 supplies) M.W 9/2-9/29 11:30A-1:00P

#### FUN AT PRESCHOOL

(Ages 3 ½-4½) Introduces basic preschool skills through stories, crafts, creative movement and play. Instructor: Mirella McAleer.

\$88.00 (+\$20 supplies) 110124-01 9/9-9/30 12:00P-2:00P Tu Th

#### DANCE BASICS KINDERTOTS

(Age 2) Toddlers explore creative movement and develop gross motor skills while learning colors, numbers, shapes and songs. Instructed by Kinderdance®.

110154-01 \$125.00

9/10-11/12 12:30P-1:00P

#### KINDERGYM

(Ages 3-5) Developmental floor gymnastics, emphasis on social skills, motor development and fitness. Instructed by Kinderdance®.

110155-01 \$125.00

9/10-11/12 1:10P-1:40P

#### DANCE BASICS

(Ages 4-6) An introduction dance class.

**Location: Creative Dance Center, Ashburn** 

\$125.00 110101-01

W 9/10-10/29 12:15P-1:15P

#### **BIG RED BARN**

(Ages 2-3) Let's go on a farm adventure through crafts, stories, play, songs and creative movement. Instructor: Sharon Hunter.

110102-01 \$25.50 (+\$5 supplies) 9/11-9/25 9:30A-10:30A Th

#### BABY BOP

(Walking - Age 2) Fun with movement, tumbling using music & props. Parent

participation required.

**Location: Creative Dance Center, Ashburn** 

110103-01 \$100.00

Th 9/11-10/30 10:00A-10:30A

#### CREATIVE DANCE

(Ages 3-4) Incorporates creative movement, pre ballet & tumbling.

**Location: Creative Dance Center, Ashburn** 

110104-01 \$112.00

9/11-10/30 Th 11:15A-12:00P

#### LIT'L TAPPERS

(Ages 2-3) A beginning tap class for little ones!

**Location: Creative Dance Center, Ashburn** 

110105-01 \$112.00

F 10:30A-11:15A 9/12-11/7

110105-02 \$112.00

9/6-11/1 10:30A-11:15A Sa

#### LIT'L HIP HOPPER

(Ages 4-6) A beginning hip hop class.

**Location: Creative Dance Center, Ashburn** 

110106-01 \$112.00

F 9/12-11/7 11:15A-12:00P

#### **CREATIVE TAP AND TUMBLE**

(Ages 3-4) A creative tap class with tumbling.

**Location: Creative Dance Center, Ashburn** 

110107-01 \$112.00

9/12-11/7 5:30P-6:15P

#### MUSIC TOGETHER

(Birth-Age 4.) Children develop a love of music through this research-based, curriculum for parents, children and primary care givers.

110108-01 \$150.00 (+\$36 supplies) 9/13-11/15 10:00A-10:45A 110108-02 \$150.00 (+\$36 supplies) 9/13-11/15 11:00A-11:45A Sa 110108-03 \$150.00 (+\$36 supplies) 9/16-11/18 9:30A-10:15A Tu 110108-04 \$150.00 (+\$36 supplies) Tu 9/16-11/18 10:30A-11:15A

#### LITTLE LEARNERS

(Ages 3-4) Each week children will learn preschool skills through a theme through crafts, movement, music and play.

110125-01 \$190.00 (+\$20 supplies) Tu.Th 9/16-11/20 9:30A-11:30A

#### LETTERS & NUMBERS FOR ME

(Age 5) For children who have a firm grasp of their alphabet or a desire to write. We explore pencil grip, reversal of letters, sentence structure and phonics. Instructor: Kely Davis.

110112-01 \$65.00 (+\$8 supplies) Tu.Th 9/16-10/9 10:00A-10:45A 110112-02 \$65.00 (+\$8 supplies) Tu,Th 9/16-10/9 12:00P-12:45P 110112-03 \$65.00 (+\$8 supplies) 10/21-11/13 10:00A-10:45A Tu.Th 110112-04 \$65.00 (+\$8 supplies) Tu,Th 10/21-11/13 12:00P-12:45P

#### GET SET FOR SCHOOL

(Ages 3-5) This non-writing Pre-K program introduces school readiness through music, motor skills, building, coloring, multi-sensory activities, and social skills.

110113-01 \$65.00 (+\$8 supplies) 11:00A-11:45A Tu.Th 9/16-10/9 110113-02 \$65.00 (+\$8 supplies) Tu.Th 10/21-11/13 11:00A-11:45A

#### ABRAKADOODLE-TWOOSY **DOODLERS**

(Ages 20-36mos.) Have fun and acquire new skills using paints, textures, papers, glue and modeling compounds. Crayola products used.

110109-01 \$120.00 9/19-11/7 9:30A-10:15A 110109-02 \$120.00 9/19-11/7 F 10:30A-11:15A

#### CALLING ALL KIDS!

(Ages 3-5) Come for an hour of fun with creative crafts, stories, movement and play.

110110-01 \$34.00 (+\$4 supplies) F 9/19-10/10 9:30A-10:30A

#### ABRAKADOODLE-MINI DOODLERS

(Ages 3-5) Create your own masterpieces with paints, watercolors, pastels, acrylic oils, fabric. Crayola products used.

110111-01 \$120.00

9/19-11/7 11:30A-12:15P F

#### FANTASTICAL FALL

(Ages 2-3) Children make a variety of autumn art projects Instructor: Sharon Hunter.

110114-01 \$17.00 (+\$5 supplies) 10/2-10/9 9:30A-10:15A Th

#### I'M A LITTLE PUMPKIN

(Ages 2-3) A class filled with a variety of creative activities that can be done with pumpkins. Instructor: Sharon Hunter.

110115-01 \$8.50 (+\$3 supplies) Th 10/23-10/23 9:00A-9:45A

110115-02 \$8.50 (+\$3 supplies)

Th 10/23-10/23 10:00A-10:45A

#### WITCHES BREW AND CRAFTS TOO

(Ages 3-5) Spend an hour creating many neat Halloween activities that will brighten any home. Instructor: Gabriela Kragness.

**110116-01** \$8.50 (+\$3 supplies)

F 10/31-10/31 12:00P-12:45P

#### PUMPKIN PATCH

(Ages 3-5) Create "little" pumpkins and many more pumpkin items. Instructor: Gabriela Kragness

**110117-01** \$8.50 (+\$3 supplies)

F 10/31-10/31 1:00P-1:45P

#### BLACK CATS AND BATS

(Ages 2-3) Spend the morning creating many neat Halloween activities to brighten any home. Instructor: Sharon Hunter.

**110118-01** \$8.50 (+\$3 supplies) Th 10/30-10/30 9:00A-9:45A

**110118-02** \$8.50 (+\$3 supplies)

Th 10/30-10/30 10:00A-10:45A

#### MOM AND ME AT THE BAT JAMBOREE

(Ages 1½-5) A Halloween carnival with lots of music, craft projects, and a costume parade.

**110119-01** \$11.00

F 10/31-10/31 10:00A-11:00A

#### PRESCHOOL HOLIDAY CAMP

(Ages 3-5) Schools out! Drop your children off for games, crafts and stories. Please bring a lunch.

**110120-01** \$26.00

M 11/3-11/3 9:00A-12:30P

**110120-02** \$26.00

Tu 11/4-11/4 9:00A-12:30P

#### WE'RE TALKING TURKEY

(Ages 2-3) Little ones will make a variety of Thanksgiving activities. Instructor: Sharon Hunter.

**110123-01** \$17.00 (+\$5 supplies) Th 11/13-11/20 9:00A-9:45A **110123-02** \$17.00 (+\$5 supplies)

Th 11/13-11/20 10:00A-10:45A

#### WORLD OF COLORS

(Ages 2½-3) Let's explore the world of colors during a walk through our center, crafts, games, stories and movement. Instructor: Gabriela Kragness.

110121-01 \$17.00 (+\$4 supplies) F 11/14-11/21 12:00P-12:45P

#### GOBBLE, GOBBLE IT'S THANKSGIVING

(Ages 3-5) We will have a great time with art activities, stories and play. Instructor: Gabriela Kragness.

**110122-01** \$17.00 (+\$4 supplies) F 11/14-11/21 1:00P-1:45P

#### **ELEMENTARY AGE PROGRAMS**

#### BALLET/TAP

(Ages 5-7) Ballet and tap class.

**Location: Creative Dance Center, Ashburn** 

**110230-01** \$125.00

Sa 9/6-11/1 11:15A-12:15P

#### PRINCESS BALLET

(Ages 5-7) Incorporates Princess stories and costumes!

**Location: Creative Dance Center, Ashburn** 

 110231-01
 \$125.00

 Tu
 9/9-10/28
 9:30A-10:30A

 110231-02
 \$125.00

 Th
 9/11-10/30
 5:30P-6:30P

 110231-03
 \$125.00

9/12-11/7

#### CLAY ANIMATION FOR HOME SCHOOL

4:30P-5:30P

(Ages 5 - 10) Get your hands dirty creating characters and props in clay that come to life using a computer process called Clay Animation.

Location: C3 Cyber Club, Ashburn

**110211-01** \$129.00 (+\$20 supplies) Tu,Th 9/9-10/2 12:00P-1:30P

#### **CLAY ANIMATION**

(Ages 5 - 10) See description above for Home School.

Location: C3 Cyber Club, Ashburn

**110212-01** \$129.00 (+\$20 supplies) Tu,Th 9/9-10/2 5:30P-6:30P

#### MOMMY & ME BOLLYWOOD DANCE

(Ages 3½-6) Students will learn dance terminology and dance steps while enjoying Indian music. Instructor: Vanita Kumar.

**110232-01** \$60.00

Sa 9/13-11/1 11:15A-12:00P

#### PARENTS' NIGHT OUT

(Ages 4-9) Enjoy a night out while kids enjoy pizza, crafts, and a family friendly movie. Sponsored by CMCC Advisory Board. Register at CMCC.

 Register on site
 \$16/1st child, \$8/2nd child

 F
 9/19-9/19
 5:00P-9:00P

 F
 10/17-10/17
 5:00P-9:00P

 F
 11/21-11/21
 5:00P-9:00P

#### YOUNG AT ART

(Ages 4-10) Celebrate the rich colors and season of fall. Crafts fun galore and a great story too! Instructor: Linda Kirchman.

110200-01	\$9.00	Flamboyant Fall
W	9/24-9/24	4:00P-5:00P
110200-02	\$9.00 Ha	alloween Supreme
W	10/8-10/8	4:00P-5:00P
110200-03	\$9.00	Hellooo Turkey
W	11/12-11/12	4:00P-5:00P
110200-04	\$9.00 Ch	ristmas is Coming
W	12/10-12/10	4:00P-5:00P

#### ART BY CHILDREN

(Ages 6-10) Children will paint with different media based on their own abilities and perspective. Bring one art pad for painting, 9"x12" or larger. No class 10/13. Instructor: Francesca Reardon.

**110204-01** \$80.00

M 10/6-11/17 4:30P-5:30P

#### FILM MAKING

(Ages 5-10) Learn what it takes to work as a team to create a story, learn different camera techniques and upload your video onto our website.

Location: C3 Cyber Club, Ashburn

**110213-01** \$129.00 (+\$20 supplies) M,W 10/6-10/29 5:30P-6:30P

#### **ITALIAN**

(Ages 6 & up) Learn beginner Italian the fun way through games, stories and sharing recipes. Instructor: Franchesca Reardon.

**110202-01** \$48.00

Th 10/9-11/13 4:30P-5:30P

#### HALLOWEEN SOAPS & STORY

(Ages 4 & up) Make Halloween soap and listen to a great Halloween story while it dries. Instructor: Cristin Pozniak.

**110205-01** \$8.00 (+\$4 supplies)

Tu 10/14-10/14 4:30P-5:30P

#### A RING DING SPIDER DAY

(Ages 4 & up) Make delicious spiders to take home for desert and lots more Halloween fun. Chocolate will be used.

**110203-01** \$8.00 (+\$3 supplies)

Th 10/16-10/16 4:30P-5:30P

#### ICE/DECORATE HALLOWEEN CAKES

(Ages 4 & up) Decorate your cake as a Yummy Mummy, Big Eyed Ghost or a Green Eyed Monster.

**110207-01** \$8.00 (+\$4 supplies)

Th 10/23-10/23 4:30P-5:30P

#### HALLOWEEN FUN/CRAFTS

(Ages 4 & up) Dress up or come as you are to this fun Halloween class filled with crafts, games and a snack too! Instructor: Jayne DuBernas.

**110206-01** \$8.00(+\$5 supplies)

W 10/29-10/29 4:30P-5:30

#### SCHOOL HOLIDAY SPECIAL

(Ages 5 & up) Enjoy a day loaded with fun and activities. Outdoor play, weather permitting. Bring a bag lunch, snack and a drink.

**110208-01** \$45.00

M 11/3-11/3 8:00A-6:00P

**110208-02** \$45.00

Tu 11/4-11/4 8:00A-6:00P

#### CALLING ALL TURKEYS

(Ages 4 & up) Harvest an afternoon of Thanksgiving fun with crafts and a story, too. Instructor: Cristin Pozniak.

**110201-01** \$8.00 (+\$4 supplies)

Tu 11/18-11/18 4:30P-5:30P

#### **BE A TURKEY**

(Ages 4 & up) Make an edible turkey and a craft to take home too! Instructor: Jayne DuBernas.

**110209-01** \$8.00 (+\$4 supplies)

W 11/19-11/19 4:30P-5:30P

#### MINI GINGERBREAD HOUSE

(Ages 4 & up) Make and decorate an adorable mini Gingerbread House for home or a gift. Instructor: Cristin Pozniak.

**110210-01** \$8.00 (+ \$4. supplies) Tu 12/2-12/2 4:30P-5:30P

#### **ADULT CLASSES**

#### ADULT JAZZ AND FIT

(Ages 18 & up) An adult jazz and fitness class.

**Location: Creative Dance Center, Ashburn** 

**110505-01** \$125.00

F 9/12-11/7 12:15P-1:15P

#### SOCIAL DANCE SAMPLER

(Ages 18 & up) Learn a variety of partner dances including East Coast Swing, West Coast Swing, Night Club Two Step, Runba and the Cha Cha. Partners preferred, but singles are welcome!

**110501-01** \$130.00

W 9/24-11/26 7:30P-8:30P

#### OVAL TWILL BASKET

(Ages 18 & up) The bottom is plaited and we will do a twined weave and a three rod chase weave. The sides are start/stop in the over two, under one pattern (twill). Lash on a rim and color to complete. Instructor: Deborah Wells.

**110500-01** \$28.00 (+\$11 supplies) Sa 11/8-11/8 9:15A-1:15P

#### **MULTI-AGE PROGRAMS**

#### FITWIZE CIRCUIT TRAINING

(Ages 6½-15) A supervised, low-intensity, highly-achievable exercise experience with strength, cardio and core/functional training.

**Location: Fitwize 4 Kids, Sterling 110714-01** \$110.00/6 classes

M,W,F 9/8-10/17 6:00P-7:00P

#### FITWIZE 4 KIDS HIP HOP

(Ages 6½-15) A structured method of learning Hip Hop dance moves with emphasis on movement and rhythm. No prior experience required.

Location: Fitwize 4 Kids, Sterling

**110709-01** \$110.00

M 9/8-10/20 4:30P-5:30P

**110709-02** \$110.00

F 9/12-10/17 4:30P-5:30P

#### GAME DESIGN-HOME SCHOOLERS

(Ages 10-17) Learn the art of game design and what makes game fun.

Location: C3 Cyber Club, Ashburn

**110718-01** \$129.00 (+\$20 supplies) M,W 9/8-10/1 12:00P-1:30P

#### **GAME DESIGN**

(Ages 10-17) See description above.

Location: C3 Cyber Club, Ashburn

**110719-01** \$129.00 (+\$20 supplies) M,W 9/8-10/1 5:30P-6:30P

#### FITWIZE 4 KIDS YOGA

(Ages 6½-15) Class will include standing poses, mat work, and breathing exercises appropriate for all levels. Additional refinement added to poses for advanced students.

**Location: Fitwize 4 Kids, Sterling** 

**110710-01** \$110.00

Tu 9/9-10/14 5:00P-6:00P

#### FITWIZE 4 KIDS TAE BO

(Ages 6½-15) This high-intensity workout class increases cardiovascular fitness, strength, muscular endurance and flexibility.

**Location: Fitwize 4 Kids, Sterling** 

**110711-01** \$110.00

W 9/10-10/15 4:30P-5:30P

#### FITWIZE 4 KIDS FITNESS FUN

(Ages 6½-15) This class uses games to help improve balance, overall body strength, coordination and attention to detail.

**Location: Fitwize 4 Kids, Sterling** 

**110712-01** \$110.00

Th 9/11-10/16 4:30P-5:30P

#### FITWIZE 4 KIDS AGILITY TRAINING

(Ages 6½ - 15) Teaches patterns designed to improve spatial orientation, body control & awareness, and response time; polymetric training to improve flying speed and jump height; and resistance training for speed, acceleration, and endurance.

Location: Fitwize 4 Kids, Sterling

**110713-01** \$110.00

Sa 9/13-10/18 10:30A-11:30A

#### **3-D MODELING**

(Ages 9-17) Build and create video game characters or create your own virtual world.

**Location:** C3 Cyber Club, Ashburn **110720-01** \$129.00 (+\$20 supplies) Tu.Th 10/7-10/30 5:30P-6:30P

#### FILM EDITING

(Ages 9-17) Learn how to ad voice over dialogue, create cool special effects, and show off your finished movie to family and friends.

Location: C3 Cyber Club, Ashburn

**110721-01** \$129.00 (+\$20 supplies) M,W 11/3-11/26 5:30P-6:30P

#### **3-D ANIMATION**

(Ages 9-17) Learn how to animate video game characters or make a 3-D movie with the software used by professionals.

Location: C3 Cyber Club, Ashburn

**110722-01** \$129.00 (+\$20 supplies) Tu,Th 11/4-11/27 5:30P-6:30P

,,111 11/4-11/27 3.301-0.30

# CLAUDE MOORE RECREATION CENTER

46105 Loudoun Park Lane Sterling, VA 20164

571-258-3600

**571-258-3601** (fax)

http://www.loudoun.gov/claudemoorerec

Facility Hours:\*

M-F 5:30A-10:00P • Sa-Su 8:00A- 8:00P

Closed Labor Day, 9/1

Closing 6:00PM Columbus Day 10/13

Closed Thanksgiving Day, 11/27 Entire facility will be closed 8/25-9/1 for annual maintenance. Land areas reopen 9/2, pools reopen 9/6. Call ahead, or check the web site for availability.

**Competition Pool** 

M-F 5:30A-9:45P • Sa-Su 8:00A-7:45P

Leisure Pool & Spa

M-F 9:00A-8:45P • Sa-Su 11:00A-7:45P

\*Please call for availability of the leisure pool and rock wall. Hours are subject to change based on customer demand.

### ADMISSION FEES

All admissions include access to the fitness center, competitive pool, leisure pool, gymnasium, indoor track, and open time on the rock wall. Full payment by cash, check, Visa or MasterCard is due at time of purchase.

Daily	Resident	Non-Res
Under 2	Free	Free
(plastic training pant	s required)	
Ages 17 & under	\$3.75	\$5.75
Adults 18-54	\$5.50	\$8.25
Ages 55+	\$3.75	\$5.75

### **Admission Pass**

(25 admissions no expiration)							
Ages 3-17 & 55+	\$85.00	\$128.00					
Ages 18-54	\$120.00	\$180.00					

### **Annual Membership** (unlimited use)

Single Adult	\$550	\$825
Two Adults	\$850	\$1020
Family Dependent	\$140	\$210
Family	\$1000	\$1500
Single Dependent	\$400	\$600
Senior	\$400	\$600
Senior Couple	\$620	\$930

### **Drop-in Care for Children**

M-F	8:00A-1:00P, 4:00P-8:00P
Sa-Su	8:00A-12:00P
\$4/child/visit: \$	50 for a 25-visit pass

### **GENERAL INFORMATION**

# FACILITY RENTALS

Rental options include a carpeted, multipurpose room, catering kitchen, gymnasium, conference room and small classrooms. Visit us for a tour and to schedule your event.

# RECREATION CENTER BIRTHDAY PARTIES

Swim with your guests and enjoy a meal in our Party Room. Party packages are available Friday evenings, Saturdays and Sundays for groups of under 14 participants. Stop by to secure a date. Full payment is due at time of reservation.

# **AQUATIC PROGRAMS**

### SWIMMING LESSONS

Claude Moore Recreation Center Aquatic Programs is an authorized provider of the American Red Cross Swimming and Water Safety Program for infants, toddlers, school aged children, and adults.

### AMERICAN RED CROSS LEARN-TO-SWIM

This six-level instructional approach is unlike anything offered by other aquatic training programs. All instructors are trained and certified by the American Red Cross. For preschoolers, we have adapted the program to introduce skills and build a love of swimming. For elementary aged swimmers and older, the prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills.

# TODDLER & PRESCHOOL SWIM PROGRAMS

### **DUCKLINGS CMRC**

173151-01

(Ages 6-36mos) Parent-child class to build swim readiness by emphasizing safety in the water. Parents MUST get in the water!

\$62.00

M,W	9/8-9/24	9:05A-9:35A
173151-02	\$62.00	
M,W	9/8-9/24	10:15A-10:45A
173151-03	\$62.00	
M,W	9/8-9/24	5:20P-5:50P
173151-04	\$62.00	
M,W	9/8-9/24	6:40P-7:10P
173151-05	\$62.00	
Tu,Th	9/9-9/25	9:40A-10:10A
173151-06	\$62.00	
Tu,Th	9/9-9/25	10:50A-11:20A
173151-07	\$62.00	
Tu,Th	9/9-9/25	5:20P-5:50P
173151-08	\$62.00	
Tu,Th	9/9-9/25	6:40P-7:10P
173151-09	\$62.00	
F	9/12-10/17	9:40A-10:10A
173151-10	\$62.00	
F	9/12-10/17	10:50A-11:20A
173151-11	\$52.00	
Sa	9/13-10/11	8:40A-9:10A
173151-12	\$52.00	
Sa	9/13-10/11	9:20A-9:50A
173151-13	\$52.00	
Sa	9/13-10/11	10:35A-11:05A
173151-14	\$62.00	
Su	9/14-10/19	8:40A-9:10A
173151-15	\$62.00	
Su	9/14-10/19	10:35A-11:05A
173151-16	\$72.00	
M,W	10/1-10/22	9:05A-9:35A
173151-17	\$72.00	
M,W	10/1-10/22	10:15A-10:45A
173151-18	\$52.00	

10/1-10/22

5:20P-5:50P

173151-19	\$52.00	
M,W	10/1-10/22	6:40P-7:10P
173151-20	\$62.00	
Tu,Th	10/7-10/23	9:40A-10:10A
173151-21	\$62.00	
Tu,Th	10/7-10/23	10:50A-11:20A
173151-22	\$62.00	
Tu,Th	10/7-10/23	5:20P-5:50P
173151-23	\$62.00	
Tu,Th	10/7-10/23	6:40P-7:10P
173151-24	\$52.00	
F	10/24-11/21	9:40A-10:10A
173151-25	\$52.00	
F	10/24-11/21	10:50A-11:20A
173151-26	\$52.00	
Sa	10/25-11/29	8:40A-9:10A
173151-27	\$52.00	
Sa	10/25-11/29	9:20A-9:50A
173151-28	\$52.00	
Sa	10/25-11/29	10:35A-11:05A
173151-29	\$62.00	
Su	10/26-11/29	8:40A-9:10A
173151-30	\$62.00	
Su	10/26-11/29	10:35A-11:05A
173151-31	\$62.00	
M,W	10/29-11/24	9:05A-9:35A
173151-32	\$62.00	
M,W	10/29-11/24	10:15A-10:45A
173151-33	\$62.00	
M,W	10/29-11/24	5:20P-5:50P
173151-34	\$62.00	
M,W	10/29-11/24	6:40P-7:10P
173151-35	\$72.00	
Tu,Th	10/30-11/20	9:40A-10:10A
173151-36	\$72.00	
Tu,Th	10/30-11/20	10:50A-11:20A
173151-37	\$72.00	
Tu,Th	10/30-11/20	5:20P-5:50P
173151-38	\$72.00	
Tu,Th	10/30-11/20	6:40P-7:10P

173151 10

# **SWANS CMRC**

(Ages 24-48mos) Parent-child class for children who are not ready to separate from parents. Class introduces basic water skills as well as increasing comfort level in the water. PARENTS MUST GET IN THE WATER.

173152-01	\$62.00	
M,W	9/8-9/24	9:40A-10:10A
173152-02	\$62.00	
M,W	9/8-9/24	10:50A-11:20A
173152-03	\$62.00	
M,W	9/8-9/24	6:00P-6:30P
173152-04	\$62.00	
Tu,Th	9/9-9/25	9:05A-9:35A
173152-05	\$62.00	
Tu,Th	9/9-9/25	10:15A-10:45A

M.W

CLAUDE N	MOORE REC	REATION CEN	ΓER				ţ	571-258-3600
173152-06	\$62.00		173152-35	\$72.00		173153-24	\$62.00	
Tu,Th	9/9-9/25	6:00P-6:30P	Tu,Th	10/30-11/20	6:40P-7:10P	F	9/12-10/17	1:20P-1:50P
173152-07	\$62.00					173153-25	\$62.00	
Tu,Th	9/9-9/25	6:40P-7:10P	SOLO SWA	NS CMRC		F	9/12-10/17	2:40P-3:10P
173152-08	\$62.00				mmers who are	173153-26	\$62.00	
F	9/12-10/17	9:05A-9:35A			or have not been	F	9/12-10/17	3:20P-3:50P
173152-09	\$62.00			n setting previo	n parent. Parents	173153-27	\$62.00	
F	9/12-10/17	10:15A-10:45A		r water. SWIM		F	9/12-10/17	4:00P-4:30P
173152-10	\$52.00			, IF NOT POTT		173153-28	\$62.00	
Sa	9/13-10/11	8:05A-8:35A	173153-01	\$62.00		F	9/12-10/17	5:20P-5:50P
173152-11	\$52.00		M,W	9/8-9/24	9:05A-9:35A	173153-29	\$62.00	
Sa	9/13-10/11	10:00A-10:30A	173153-02	\$62.00		F	9/12-10/17	6:40P-7:10P
173152-12	\$62.00		M,W	9/8-9/24	10:15A-10:45A	173153-30	\$52.00	
Su	9/14-10/19	8:05A-8:35A	173153-03	\$62.00		Sa	9/13-10/11	8:40A-9:10A
173152-13	\$62.00		M,W	9/8-9/24	11:30A-12:00P	173153-31	\$52.00	
Su	9/14-10/19	9:20A-9:50A	173153-04	\$62.00		Sa	9/13-10/11	9:20A-9:50A
173152-14	\$62.00		M,W	9/8-9/24	12:45P-1:15P	173153-32	\$62.00	
Su	9/14-10/19	10:00A-10:30A	173153-05	\$62.00		Su	9/14-10/19	8:40A-9:10A
173152-15	\$72.00		M,W	9/8-9/24	1:20P-1:50P	173153-33	\$62.00	
M,W	10/1-10/22	9:40A-10:10A	173153-06	\$62.00		Su	9/14-10/19	9:20A-9:50A
173152-16	\$72.00		M,W	9/8-9/24	2:40P-3:10P	173153-34	\$62.00	
M,W	10/1-10/22	10:50A-11:20A	173153-07	\$62.00		Su	9/14-10/19	10:30A-11:00A
173152-17	\$72.00		M,W	9/8-9/24	3:20P-3:50P	173153-35	\$72.00	
M,W	10/1-10/22	6:00P-6:30P	173153-08	\$62.00		M,W	10/1-10/22	9:05A-9:35A
173152-18	\$62.00		M,W	9/8-9/24	4:00P-4:30P	173153-36	\$72.00	
Tu,Th	10/7-10/23	9:05A-9:35A	173153-09	\$62.00		M,W	10/1-10/22	10:15A-10:45A
173152-19	\$62.00		M,W	9/8-9/24	6:00P-6:30P	173153-37	\$72.00	
Tu,Th	10/7-10/23	10:15A-10:45A	173153-10	\$62.00		M,W	10/1-10/22	11:30A-12:00P
173152-20	\$62.00		Tu,Th	9/9-9/25	9:05A-9:35A	173153-38	\$72.00	
Tu,Th	10/7-10/23	6:00P-6:30P	173153-11	\$62.00		M,W	10/1-10/22	12:45P-1:15P
173152-21	\$62.00	< 40D = 40D	Tu,Th	9/9-9/25	10:15A-10:45A	173153-39	\$72.00	
Tu,Th	10/7-10/23	6:40P-7:10P	173153-12	\$62.00		M,W	10/1-10/22	1:20P-1:50P
173152-22	\$62.00	0.054.0.254	Tu,Th	9/9-9/25	11:30A-12:00P	173153-40	\$72.00	
F	10/24-11/21	9:05A-9:35A	173153-13	\$62.00		M,W	10/1-10/22	2:40P-3:10P
173152-23	\$52.00	10 15 4 10 45 4	Tu,Th	9/9-9/25	12:45P-1:15P	173153-41	\$72.00	2.200.2.500
F	10/24-11/21	10:15A-10:45A	173153-14	\$62.00	1 205 1 505	M,W	10/1-10/22	3:20P-3:50P
173152-24	\$52.00	0.054.0.254	Tu,Th	9/9-9/25	1:20P-1:50P	173153-42	\$72.00	4.000 4.000
Sa	10/25-11/29	8:05A-8:35A	173153-15	\$62.00	2 400 2 100	M,W	10/1-10/22	4:00P-4:30P
173152-26	\$62.00	0.054.0.254	Tu,Th	9/9-9/25	2:40P-3:10P	173153-43	\$62.00	( 00D ( 20D
Su 172152 27	10/26-11/29	8:05A-8:35A	173153-16	\$62.00	2.200.2.500	M,W	10/1-10/22	6:00P-6:30P
173152-27	\$62.00	0.20 4 0.50 4	Tu,Th	9/9-9/25	3:20P-3:50P	173153-44	\$62.00	0.05 1 0.25 1
Su 173152 28	10/26-11/29 \$62.00	9:20A-9:50A	173153-17	\$62.00	4.00D 4.20D	Tu,Th	10/7-10/23	9:05A-9:35A
<b>173152-28</b> Su	10/26-11/29	10:00A-10:30A	Tu,Th	9/9-9/25	4:00P-4:30P	173153-45	\$62.00	10.15 4 10.45 4
173152-29	\$62.00	10.00A-10.30A	173153-18	\$62.00	( 00D ( 20D	Tu,Th 173153-46	10/7-10/23	10:15A-10:45A
M,W	10/29-11/24	9:40A-10:10A	Tu,Th	9/9-9/25	6:00P-6:30P		\$62.00	11.20 A 12.00D
173152-30	\$62.00	9:40A-10:10A	173153-19	\$62.00	( 40D 7 10D	Tu,Th 173153-47	10/7-10/23	11:30A-12:00P
M,W	10/29-11/24	10:50A-11:20A	Tu,Th	9/9-9/25	6:40P-7:10P		\$62.00 10/7-10/23	10.45D 1.15D
173152-31	\$62.00	10.30A-11.20A	<b>173153-20</b> F	\$62.00	0.05 1 0.25 1	Tu,Th 173153-48	\$62.00	12:45P-1:15P
M,W	10/29-11/24	6:00P-6:30P		9/12-10/17	9:05A-9:35A			1.20D 1.50D
173152-32	\$72.00	0.001 -0.30F	173153-21	\$62.00	10.15 4 10.45 4	Tu,Th 173153-49	10/7-10/23 \$62.00	1:20P-1:50P
Tu,Th	10/30-11/20	9:05A-9:35A	F 173153 22	9/12-10/17	10:15A-10:45A	Tu,Th	10/7-10/23	2:40P-3:10P
10,111 173152-33	\$72.00	7.03A-7.33A	<b>173153-22</b> F	\$62.00 9/12-10/17	11.20 A 12.00P	10,111 173153-50	\$62.00	4.40f-3.10f
Tu,Th	10/30-11/20	10:15A-10:45A	F 173153-23	\$62.00	11:30A-12:00P	Tu,Th	10/7-10/23	3:20P-3:50P
173152-34	\$72.00	10.13/1-10.73/1	1/3153-23 F	\$62.00 9/12-10/17	12:45P-1:15P	173153-51	\$62.00	5.201-5.301
Tu,Th	10/30-11/20	6:00P-6:30P	1	7/14-10/17	14.4JF-1.1JF	Tu,Th	10/7-10/23	4:00P-4:30P
	10,50 11/20	0.001 0.001				14,111	10/7-10/23	1.001 -7.301

CLAUDE N	IOORE REC	REATION CENT	ER				5	71-258-3600
173153-52	\$62.00		173153-79	\$72.00		173154-16	\$62.00	
Tu,Th	10/7-10/23	6:00P-6:30P	Tu,Th	10/30-11/20	10:15A-10:45A	Tu,Th	9/9-9/25	4:00P-4:30P
173153-53	\$62.00	0,001 0,001	173153-80	\$72.00	10.1311 10.1311	173154-17	\$62.00	11001 11501
Tu,Th	10/7-10/23	6:40P-7:10P	Tu,Th	10/30-11/20	11:30A-12:00P	Tu,Th	9/9-9/25	4:40P-5:10P
173153-54	\$52.00	0.101 7.101	173153-81	\$72.00	11.3011 12.001	173154-18	\$62.00	1.101 3.101
F	10/24-11/21	9:05P-9:35P	Tu,Th	10/30-11/20	12:45P-1:15P	Tu,Th	9/9-9/25	5:20P-5:50P
173153-55	\$52.00	7.031 7.331	173153-82	\$72.00	12.431-1.131	173154-19	\$62.00	3.201 -3.301
F	10/24-11/21	10:15A-10:45A	Tu,Th	10/30-11/20	1:20P-1:50P	Tu,Th	9/9-9/25	6:40P-7:10P
173153-56	\$52.00	10.13/1-10.43/1	173153-83	\$72.00	1.201 -1.501	173154-20	\$62.00	0.401-7.101
F	10/24-11/21	11:30A-12:00P	Tu,Th	10/30-11/20	2:40P-3:10P	F	9/12-10/17	9:05A-9:35A
173153-57	\$52.00	11.5011-12.001	173153-84	\$72.00	2.401 -3.101	173154-21	\$62.00	7.03A-7.33A
F	10/24-11/21	12:45P-1:15P	Tu,Th	10/30-11/20	3:20P-3:50P	F	9/12-10/17	9:40A-10:10A
173153-58	\$52.00	12.431-1.131	173153-85	\$72.00	3.201 -3.301	173154-22	\$62.00	7. <del>4</del> 0A-10.10A
F	10/24-11/21	1:20P-1:50P	Tu,Th	10/30-11/20	4:00P-4:30P	F	9/12-10/17	10:15A-10:45A
173153-59	\$52.00	1.201-1.501	173153-86	\$72.00	4.001 -4.501	173154-23	\$62.00	10.13A-10. <del>1</del> 3A
F	10/24-11/21	2:40P-3:10P	Tu,Th	10/30-11/20	6:00P-6:30P	F	9/12-10/17	12:45P-1:15P
173153-60	\$52.00	2.401-3.101	173153-87	\$72.00	0.001 -0.501	173154-24	\$62.00	12.431-1.131
F	10/24-11/21	3:20P-3:50P	Tu,Th	10/30-11/20	6:40P-7:10P	173134-24 F	9/12-10/17	2:00P-2:30P
173153-61	\$52.00	3.201 -3.301	14,111	10/30-11/20	0.401 - 7.101	173154-25	\$62.00	2.00F-2.50F
F	10/24-11/21	4:00P-4:30P	TURTLES O	CMDC		173134-23 F	9/12-10/17	2:40P-3:10P
173153-62	\$52.00	4.001 -4.501			no can put their	173154-26	\$62.00	2.401-3.101
F	10/24-11/21	5:20P-5:50P	face underwa	iter for 5 second	ls, blow bubbles,	173134-20 F	9/12-10/17	4:00P-4:30P
173153-63	\$52.00	J.20F-J.JUF		le on belly/front		г 173154-27	\$62.00	4:00P-4:50P
F	10/24-11/21	6:40P-7:10P	Swimmers w	ill develop loco	motion skills on	1/3134-2/ F	9/12-10/17	4:40P-5:10P
173153-64	\$52.00	0.401-7.101			head, and learn	_		4:40P-3:10P
173153-04 Sa	10/25-11/29	0.404 0.104	self-help safe	-		<b>173154-28</b> F	\$62.00	5 20D 5 50D
3a 173153-65	\$52.00	8:40A-9:10A	173154-01	\$62.00	0.054.0.254	_	9/12-10/17	5:20P-5:50P
173153-05 Sa	10/25-11/29	9:20A-9:50A	M,W	9/8-9/24	9:05A-9:35A	<b>173154-29</b> F	\$62.00	6.40D 7.10D
5a 173153-66	\$62.00	9:20A-9:30A	173154-02	\$62.00	0.404.10.104	_	9/12-10/17	6:40P-7:10P
1/3153-00 Su	10/26-11/29	8:40A-9:10A	M,W	9/8-9/24	9:40A-10:10A	173154-30	\$52.00	0.40 4 0.10 4
173153-67	\$62.00	6:40A-9:10A	173154-03	\$62.00	10 15 1 10 15 1	Sa	9/13-10/11	8:40A-9:10A
173153-07 Su	10/26-11/29	9:20A-9:50A	M,W	9/8-9/24	10:15A-10:45A	173154-31	\$52.00	9:20A-9:50A
		9:20A-9:30A	173154-04	\$62.00	10 45D 1 15D	Sa 172154 22	9/13-10/11	9:20A-9:30A
173153-68	\$62.00	10:30A-11:00A	M,W	9/8-9/24	12:45P-1:15P	173154-32	\$52.00	10.00 4 10.20 4
Su 172152 (0)	10/26-11/29	10:30A-11:00A	173154-05	\$62.00	2 000 2 200	Sa	9/13-10/11	10:00A-10:30A
173153-69	\$62.00	0.054.0.254	M,W	9/8-9/24	2:00P-2:30P	173154-33	\$52.00	10.25 4 11.05 4
M,W	10/29-11/24	9:05A-9:35A	173154-06	\$62.00	2 400 2 400	Sa	9/13-10/11	10:35A-11:05A
173153-70	\$62.00	10 15 4 10 45 4	M,W	9/8-9/24	2:40P-3:10P	173154-34	\$62.00	0.404.0.104
M,W		10:15A-10:45A	173154-07	\$62.00	4.000 4.000	Su	9/14-10/19	8:40A-9:10A
173153-71	\$62.00	11 20 A 12 00D	M,W	9/8-9/24	4:00P-4:30P	173154-35	\$62.00	0.204.0.504
M,W	10/29-11/24	11:30A-12:00P	173154-08	\$62.00	4 400 5 400	Su	9/14-10/19	9:20A-9:50A
173153-72	\$62.00	10 45D 1 15D	M,W	9/8-9/24	4:40P-5:10P	173154-36	\$62.00	10.00 4 10.20 4
M,W	10/29-11/24	12:45P-1:15P	173154-09	\$62.00	< 00D < 00D	Su	9/14-10/19	10:00A-10:30A
173153-73	\$62.00	1 20D 1 50D	M,W	9/8-9/24	6:00P-6:30P	173154-37	\$62.00	10.054.11.054
M,W	10/29-11/24	1:20P-1:50P	173154-10	\$62.00		Su	9/14-10/19	10:35A-11:05A
173153-74	\$62.00	2 400 2 100	Tu,Th	9/9-9/25	9:05A-9:35A	173154-38	\$72.00	0.054.0.054
M,W	10/29-11/24	2:40P-3:10P	173154-11	\$62.00		M,W	10/1-10/22	9:05A-9:35A
173153-75	\$62.00	2 20D 2 50D	Tu,Th	9/9-9/25	9:40A-10:10A	173154-39	\$72.00	0.404.40.404
M,W	10/29-11/24	3:20P-3:50P	173154-12	\$62.00	40.451.10.10.	M,W	10/1-10/22	9:40A-10:10A
173153-76	\$62.00	4.00D 4.00D	Tu,Th	9/9-9/25	10:15A-10:45A	173154-40	\$72.00	10 15 10 15 1
M,W	10/29-11/24	4:00P-4:30P	173154-13	\$62.00		M,W	10/1-10/22	10:15A-10:45A
173153-77	\$62.00	( 000 ( 200	Tu,Th	9/9-9/25	12:45P-1:15P	173154-41	\$72.00	10 155 1 155
M,W	10/29-11/24	6:00P-6:30P	173154-14	\$62.00		M,W	10/1-10/22	12:45P-1:15P
173153-78	\$72.00	0.054.0.254	Tu,Th	9/9-9/25	2:00P-2:30P	173154-42	\$72.00	
Tu,Th	10/30-11/20	9:05A-9:35A	173154-15	\$62.00		M,W	10/1-10/22	2:00P-2:30P
			Tu,Th	9/9-9/25	2:40P-3:10P			

CLAUDE M	OORE REC	REATION CENT	ER					571-258-3600
173154-43	\$72.00		173154-71	\$62.00		173155-03	\$62.00	
M,W	10/1-10/22	2:40P-3:10P	Su	10/26-11/29	8:40A-9:10A	M,W	9/8-9/24	12:45P-1:15P
173154-44	\$72.00		173154-72	\$62.00		173155-04	\$62.00	
M,W	10/1-10/22	4:00P-4:30P	Su	10/26-11/29	9:20A-9:50A	M,W	9/8-9/24	2:00P-2:30P
173154-45	\$72.00		173154-73	\$62.00		173155-05	\$62.00	
M,W	10/1-10/22	4:40P-5:10P	Su	10/26-11/29	10:00A-10:30A	M,W	9/8-9/24	2:40P-3:10P
173154-46	\$62.00		173154-74	\$62.00		173155-06	\$62.00	
M,W	10/1-10/22	6:00P-6:30P	Su	10/26-11/29	10:35A-11:05A	M,W	9/8-9/24	4:00P-4:30P
173154-47	\$62.00		173154-75	\$62.00		173155-07	\$62.00	
Tu,Th	10/7-10/23	9:05A-9:35A	M,W	10/29-11/24	9:05A-9:35A	M,W	9/8-9/24	7:20P-7:50P
173154-48	\$62.00		173154-76	\$62.00		173155-08	\$62.00	
Tu,Th	10/7-10/23	9:40A-10:10A	M,W	10/29-11/24	9:40A-10:10A	Tu,Th	9/9-9/25	10:50A-11:20A
173154-49	\$62.00		173154-77	\$62.00		173155-09	\$62.00	
Tu,Th	10/7-10/23	10:15A-10:45A	M,W	10/29-11/24	10:15A-10:45A	Tu,Th	9/9-9/25	11:30A-12:00P
173154-50	\$62.00		173154-78	\$62.00		173155-10	\$62.00	
Tu,Th	10/7-10/23	12:45P-1:15P	M,W	10/29-11/24	12:45P-1:15P	Tu,Th	9/9-9/25	12:45P-1:15P
173154-51	\$62.00		173154-79	\$62.00		173155-11	\$62.00	
Tu,Th	10/7-10/23	2:00P-2:30P	M,W	10/29-11/24	2:00P-2:30P	Tu,Th	9/9-9/25	2:00P-3:00P
173154-52	\$62.00		173154-80	\$62.00		173155-12	\$62.00	
Tu,Th	10/7-10/23	2:40P-3:10P	M,W	10/29-11/24	2:40P-3:10P	Tu,Th	9/9-9/25	2:40P-3:10P
173154-53	\$62.00		173154-81	\$62.00		173155-13	\$62.00	
Tu,Th	10/7-10/23	4:00P-4:30P	M,W	10/29-11/24	4:00P-4:30P	Tu,Th	9/9-9/25	4:00P-4:30P
173154-54	\$62.00		173154-82	\$62.00		173155-14	\$62.00	
Tu,Th	10/7-10/23	4:40P-5:10P	M,W	10/29-11/24	4:40P-5:10P	Tu,Th	9/9-9/25	5:20P-5:50P
173154-55	\$62.00		173154-83	\$62.00		173155-15	\$62.00	
Tu,Th	10/7-10/23	5:20P-5:50P	M,W	10/29-11/24	6:00P-6:30P	Tu,Th	9/9-9/25	7:20P-7:50P
173154-56	\$62.00		173154-84	\$72.00		173155-16	\$62.00	
Tu,Th	10/7-10/23	6:40P-7:10P	Tu,Th	10/30-11/20	9:05A-9:35A	F	9/12-10/17	10:50A-11:20A
173154-57	\$52.00		173154-85	\$72.00		173155-17	\$62.00	
F	10/24-11/21	9:05A-9:35A	Tu,Th	10/30-11/20	9:40A-10:10A	F	9/12-10/17	11:30A-12:00P
173154-58	\$52.00		173154-86	\$72.00		173155-18	\$62.00	
F	10/24-11/21	9:40A-10:10A	Tu,Th	10/30-11/20	10:15A-10:45A	F	9/12-10/17	12:45P-1:15P
173154-59	\$52.00		173154-87	\$72.00		173155-19	\$62.00	12.101 1.101
F	10/24-11/21	10:15A-10:45A	Tu,Th	10/30-11/20	12:45P-1:15P	F	9/12-10/17	2:00P-2:30P
173154-60	\$52.00		173154-88	\$72.00		173155-20	\$62.00	
F	10/24-11/21	12:45P-1:15P	Tu,Th	10/30-11/20	2:00P-2:30P	F	9/12-10/17	2:40P-3:10P
173154-61	\$52.00		173154-89	\$72.00		173155-21	\$62.00	
F	10/24-11/21	2:00P-2:30P	Tu,Th	10/30-11/20	2:40P-3:10P	F	9/12-10/17	4:00P-4:30P
173154-62	\$52.00		173154-90	\$72.00	2	173155-22	\$62.00	
F	10/24-11/21	2:40P-3:10P	Tu,Th	10/30-11/20	4:00P-4:30P	F	9/12-10/17	7:20P-7:50P
173154-63	\$52.00	20.001 00.101	173154-91	\$72.00		173155-23	\$52.00	7.201 7.301
F	10/24-11/21	4:00P-4:30P	Tu,Th	10/30-11/20	4:40P-5:10P	Sa	9/13-10/11	8:40A-9:10A
173154-64	\$52.00	1.001 1.501	173154-92	\$72.00	11.101 5.1101	173155-24	\$52.00	0.10/1 3.10/1
F	10/24-11/21	4:40P-5:10P	Tu,Th	10/30-11/20	5:20P-5:50P	Sa	9/13-10/11	10:00A-10:30A
173154-65	\$52.00	1.101 5.101	173154-93	\$72.00	3.201 3.301	173155-25	\$52.00	10.0011 10.5011
F	10/24-11/21	5:20P-5:50P	Tu,Th	10/30-11/20	6:40P-7:10P	Sa	9/13-10/11	10:35A-11:05A
173154-66	\$52.00	3.201 3.301	10,111	10/30-11/20	0.401 -7.101	173155-26	\$62.00	10.5511-11.0511
F	10/24-11/21	6:40P-7:10P	FROGS CM	RC		Su	9/14-10/19	8:40A-9:10A
173154-67	\$52.00	0.101 7.101		wimmers must b	ne able to sub-	173155-27	\$62.00	0. <del>4</del> 0A-7.10A
Sa	10/25-11/29	8:40A-9:10A		5 times as well		Su	9/14-10/19	10:00A-10:30A
173154-68	\$52.00	0.70A-7.10A	glide unassist	ted, jump into 3	feet of water and	173155-28	\$62.00	10.00A-10.30A
Sa		0.204 0.504			elop front & back			10.25 A 11.05 A
5a <b>173154-69</b>	10/25-11/29	9:20A-9:50A	crawl strokes			Su 173155 20	9/14-10/19	10:35A-11:05A
	\$52.00	10,00 / 10,20 /	173155-01	\$62.00		173155-29	\$72.00	10.50 / 11.20 /
Sa 173154 70	10/25-11/29	10:00A-10:30A	M,W	9/8-9/24	10:50A-11:20A	M,W	10/1-10/22	10:50A-11:20A
173154-70	\$52.00	10.25 / 11.05 /	173155-02	\$62.00		173155-30	\$72.00	11.20 A 12.00B
Sa	10/25-11/29	10:35A-11:05A	M,W	9/8-9/24	11:30A-12:00P	M,W	10/1-10/22	11:30A-12:00P

CLAUDE M	OORE REC	REATION CENT	ER				5	71-258-3600
173155-31	\$72.00		173155-59	\$62.00		173156-12	\$62.00	
M,W	10/1-10/22	12:45P-1:15P	M,W	10/29-11/24	12:45P-1:15P	Su	9/14-10/19	8:05A-8:35A
173155-32	\$72.00		173155-60	\$62.00		173156-13	\$62.00	
M,W	10/1-10/22	2:00P-2:30P	M,W	10/29-11/24	2:00P-2:30P	Su	9/14-10/19	9:20A-9:50A
173155-33	\$72.00		173155-61	\$62.00		173156-14	\$72.00	
M,W	10/1-10/22	2:40P-3:10P	M,W	10/29-11/24	2:40P-3:10P	M,W	10/1-10/22	9:40A-10:10A
173155-34	\$72.00		173155-62	\$62.00		173156-15	\$72.00	
M,W	10/1-10/22	4:00P-4:30P	M,W	10/29-11/24	4:00P-4:30P	M,W	10/1-10/22	1:20P-1:50P
173155-35	\$62.00		173155-63	\$62.00		173156-16	\$62.00	
M,W	10/1-10/22	7:20P-7:50P	M,W	10/29-11/24	7:20P-7:50P	M,W	10/1-10/22	7:20P-7:50P
173155-36	\$62.00		173155-64	\$72.00		173156-17	\$62.00	
Tu,Th	10/7-10/23	10:50A-11:20A	Tu,Th	10/30-11/20	10:50A-11:20A	Tu,Th	10/7-10/23	9:40A-10:10A
173155-37	\$62.00		173155-65	\$72.00		173156-18	\$62.00	
Tu,Th	10/7-10/23	11:30A-12:00P	Tu,Th	10/30-11/20	11:30A-12:00P	Tu,Th	10/7-10/23	1:20P-1:50P
173155-38	\$62.00		173155-66	\$72.00		173156-19	\$62.00	
Tu,Th	10/7-10/23	12:45P-1:15P	Tu,Th	10/30-11/20	12:45P-1:15P	Tu,Th	10/7-10/23	7:20P-7:50P
173155-39	\$62.00		173155-67	\$72.00		173156-20	\$52.00	
Tu,Th	10/7-10/23	2:00P-2:30P	Tu,Th	10/30-11/20	2:00P-2:30P	F	10/24-11/21	9:40A-10:10A
173155-40	\$62.00		173155-68	\$72.00		173156-21	\$52.00	
Tu,Th	10/7-10/23	2:40P-3:10P	Tu,Th	10/30-11/20	2:40P-3:10P	F	10/24-11/21	1:20P-1:50P
173155-41	\$62.00		173155-69	\$72.00		173156-22	\$52.00	
Tu,Th	10/7-10/23	4:00P-4:30P	Tu,Th	10/30-11/20	4:00P-4:30P	F	10/24-11/21	7:20P-7:50P
173155-42	\$62.00		173155-70	\$72.00		173156-23	\$52.00	
Tu,Th	10/7-10/23	5:20P-5:50P	Tu,Th	10/30-11/20	5:20P-5:50P	Sa	10/25-11/29	8:05A-8:35A
173155-43	\$62.00		173155-71	\$72.00		173156-24	\$52.00	
Tu,Th	10/7-10/23	7:20P-7:50P	Tu,Th	10/30-11/20	7:20P-7:50P	Sa	10/25-11/29	9:20A-9:50A
173155-44	\$52.00					173156-25	\$62.00	
F	10/24-11/21	10:50A-11:20A	FISH CMRC		11 4	Su	10/26-11/29	8:05A-8:35A
173155-45	\$52.00				be able to swim ck 15 feet in deep	173156-26	\$62.00	
F	10/24-11/21	11:30A-12:00P			ilding endurance	Su	10/26-11/29	9:20A-9:50A
173155-46	\$52.00	10 45D 1 15D			back; introduce	173156-27	\$62.00	0.404.40.404
F	10/24-11/21	12:45P-1:15P	treading water			M,W	10/29-11/24	9:40A-10:10A
173155-47	\$52.00	2.00D 2.20D	173156-	\$62.00	0.404.40.404	173156-28	\$62.00	1 20D 1 50D
F <b>173155-48</b>	10/24-11/21	2:00P-2:30P	F	9/12-10/17	9:40A-10:10A	M,W	10/29-11/24	1:20P-1:50P
	\$52.00	2.40D 2.10D	173156-01	\$62.00	0.404.10.104	173156-29	\$62.00	7.00D 7.50D
F 173155 40	10/24-11/21 \$52.00	2:40P-3:10P	M,W	9/8-9/24	9:40A-10:10A	M,W	10/29-11/24	7:20P-7:50P
<b>173155-49</b> F	\$52.00 10/24-11/21	4.00D 4.20D	173156-02	\$62.00	1 20D 1 50D	173156-30	\$72.00	0.404 10.104
173155-50	\$52.00	4:00P-4:30P	M,W	9/8-9/24	1:20P-1:50P	Tu,Th 173156-31	10/30-11/20 \$72.00	9:40A-10:10A
F	10/24-11/21	7:20P-7:50P	173156-03	\$62.00	7.20D 7.50D	Tu,Th	10/30-11/20	1:20P-1:50P
173155-51	\$52.00	7.201 - 7.301	M,W	9/8-9/24 \$62.00	7:20P-7:50P	173156-32	\$72.00	1.201-1.501
Sa	10/25-11/29	8:40A-9:10A	<b>173156-04</b> Tu,Th	\$62.00 9/9-9/25	9:40A-10:10A	Tu,Th	10/30-11/20	7:20P-7:50P
173155-52	\$52.00	0.40/1-7.10/1	173156-05	\$62.00	9.40A-10.10A	14,111	10/30-11/20	7.201 - 7.501
Sa	10/25-11/29	10:00A-10:30A	Tu,Th	9/9-9/25	1:20P-1:50P	DOLPHINS	CMRC	
173155-53	\$52.00	10.0071 10.5071	173156-06	\$62.00	1.201-1.301		wimmers must b	e able to swim
Sa	10/25-11/29	10:35A-11:05A	Tu,Th	9/9-9/25	7:20P-7:50P			ards, swim front
173155-54	\$62.00	10.0011 11.0011	173156-07	\$62.00	7.201 - 7.301	crawl with br	eathing to the si	de, tread water for
Su	10/26-11/29	8:40A-9:10A	F	9/12-10/17	9:40A-10:10A		nd swim in deep	water.
173155-55	\$62.00		173156-08	\$62.00	7.1071 10.1071	173157-01	\$62.00	
Su	10/26-11/29	10:00A-10:30A	F	9/12-10/17	1:20P-1:50P	M,W	9/8-9/24	10:15A-10:45A
173155-56	\$62.00		173156-09	\$62.00	1.201 1.001	173157-02	\$62.00	10 15D 1 15D
Su	10/26-11/29	10:35A-11:05A	F	9/12-10/17	7:20P-7:50P	M,W	9/8-9/24	12:45P-1:15P
173155-57	\$62.00		173156-10	\$52.00		173157-03	\$62.00	4.000 4.200
M,W	10/29-11/24	10:50A-11:20A	Sa	9/13-10/11	8:05A-8:35A	M,W	9/8-9/24	4:00P-4:30P
173155-58	\$62.00		173156-11	\$52.00		173157-04	\$62.00	10.15 / 10.45 /
M,W	10/29-11/24	11:30A-12:00P	Sa	9/13-10/11	9:20A-9:50A	Tu,Th	9/9-9/25	10:15A-10:45A

173157-05	\$62.00		EL	EMENTAR	Y AGE	173251-40	\$52.00	
Tu,Th	9/9-9/25	12:45P-1:15P	SV	<b>VIM PROGI</b>	RAMS	Sa	10/25-11/29	8:05A-8:35A
173157-06	\$62.00					173251-41	\$52.00	
Tu,Th	9/9-9/25	4:00P-4:30P		LEVEL 1: INTRO TO WATER SKILLS CMRC			10/25-11/29	10:00A-10:30A
173157-07	\$62.00			· baginning quin	nmara with na	173251-42	\$52.00	
F	9/12-10/17	10:15A-10:45A	(6-12yrs) For beginning swimmers with no previous water experience.			Sa	10/25-11/29	10:30A-11:00A
173157-08	\$62.00		173251-01	\$62.00		173251-43	\$62.00	
F	9/12-10/17	12:45P-1:15P	M,W	9/8-9/24	3:20P-3:50P	Su	10/26-11/30	8:05A-8:35A
173157-09	\$62.00		173251-02	\$62.00		173251-44	\$62.00	
F	9/12-10/17	4:00P-4:30P	M,W	9/8-9/24	4:40P-5:10P	Su	10/26-11/30	10:00A-10:30A
173157-10	\$52.00		173251-03	\$62.00		173251-45	\$62.00	
Sa	9/13-10/11	10:00A-10:30A	M,W	9/8-9/24	5:20P-5:50P	M,W	10/29-11/24	3:20P-3:50P
173157-11	\$52.00		173251-04	\$62.00		173251-46	\$62.00	
Sa	9/13-10/11	10:40A-11:10A	M,W	9/8-9/24	6:40P-7:10P	M,W	10/29-11/24	4:40P-5:10P
173157-12	\$62.00	10.004.10.204	173251-05	\$62.00		173251-47	\$62.00	5 00D 5 50D
Su	9/14-10/19	10:00A-10:30A	Tu,Th	9/9-9/25	3:20P-3:50P	M,W	10/29-11/24	5:20P-5:50P
<b>173157-13</b> Su	\$62.00	10:40A-11:10A	173251-06	\$62.00		173251-48	\$62.00	6.40D 7.10D
5u 173157-14	9/14-10/19 \$72.00	10:40A-11:10A	Tu,Th	9/9-9/25	4:40P-5:10P	M,W <b>173251-49</b>	10/29-11/24 \$72.00	6:40P-7:10P
1/315/-14 M,W	10/1-10/22	10:15A-10:45A	173251-07	\$62.00			10/30-11/20	3:20P-3:50P
173157-15	\$72.00	10.13A-10.43A	Tu,Th	9/9-9/25	6:00P-6:30P	Tu,Th 173251-50	\$72.00	5:20P-5:30P
M,W	10/1-10/22	12:45P-1:15P	173251-08	\$62.00	2 200 2 200	Tu,Th	10/30-11/20	4:40P-5:10P
173157-16	\$72.00	12.431-1.131	F	9/12-10/17	3:20P-3:50P	173251-51	\$72.00	4.401-5.101
M,W	10/1-10/22	4:00P-4:30P	173251-09	\$62.00	4 40D 5 10D	Tu,Th	10/30-11/20	6:00P-6:30P
173157-17	\$62.00	1.001 1.501	F 172251 10	9/12-10/17	4:40P-5:10P	10,111	10/30 11/20	0.001 0.501
Tu,Th	10/7-10/23	10:15A-10:45A	<b>173251-10</b> F	\$62.00 9/12-10/17	6:00P-6:30P	LV2: FUND	AMENTAL SK	TILLS CMRC
173157-18	\$62.00		173251-11	\$52.00	0.001-0.301			be able to put face
Tu,Th	10/7-10/23	12:45P-1:15P	Sa	9/13-10/11	8:05A-8:35A	under water 5	seconds, float	on front/back with
173157-19	\$62.00		173251-12	\$52.00	0.0371 0.3371	assistance. Cl		o develop basic
Tu,Th	10/7-10/23	4:00P-4:30P	Sa	9/13-10/11	10:00A-10:30A	173252-01	\$62.00	
173157-20	\$52.00		173251-13	\$52.00	10.0011 10.0011	M,W	9/8-9/24	1:20P-1:50P
F	10/24-11/21	10:15A-10:45A	Sa	9/13-10/11	10:30A-11:00A	173252-02	\$62.00	1.201-1.301
173157-21	\$52.00		173251-14	\$62.00		M,W	9/8-9/24	4:40P-5:10P
F	10/24-11/21	12:45P-1:15P	Su	9/14-9/19	8:05A-8:35A	173252-03	\$62.00	4.401-5.101
173157-22	\$52.00		173251-29	\$62.00		M,W	9/8-9/24	5:20P-5:50P
F	10/24-11/21	4:00P-4:30P	Su	9/14-10/19	10:00A-10:30A	173252-04	\$62.00	0.201 0.001
173157-23	\$52.00		173251-30	\$72.00		M,W	9/8-9/24	6:40P-7:10P
Sa		10:00A-10:30A	M,W	10/1-10/22	3:20P-3:50P	173252-05	\$62.00	
173157-24	\$52.00	10 10 1 11 10 1	173251-31	\$72.00		Tu,Th	9/9-9/25	1:20P-1:50P
Sa 172157 25		10:40A-11:10A	M,W	10/1-10/22	4:40P-5:10P	173252-06	\$62.00	
173157-25	\$62.00	10:00A-10:30A	173251-32	\$62.00		Tu,Th	9/9-9/25	4:40P-5:10P
Su <b>173157-26</b>	\$62.00	10:00A-10:30A	M,W	10/1-10/22	5:20P-5:50P	173252-07	\$62.00	
173137-20 Su		10:40A-11:10A	173251-33	\$62.00		Tu,Th	9/9-9/25	6:00P-6:30P
173157-27	\$62.00	10.40A-11.10A	M,W	10/1-10/22	6:40P-7:10P	173252-08	\$62.00	
M,W		10:15A-10:45A	173251-34	\$62.00	2.400.2.500	F	9/12-10/17	1:20P-1:50P
173157-28	\$62.00	10.13A-10.43A	Tu,Th	10/7-10/23	3:20P-3:50P	173252-09	\$62.00	
M,W	10/29-11/24	12:45P-1:15P	173251-35	\$62.00	4 40D 5 10D	F	9/12-10/17	4:40P-5:10P
173157-29	\$62.00	12.101 11101	Tu,Th	10/7-10/23	4:40P-5:10P	173252-10	\$62.00	
M,W	10/29-11/24	4:00P-4:30P	<b>173251-36</b> Tu,Th	\$62.00 10/7-10/23	6:00P-6:30P	F	9/12-10/17	6:00P-6:30P
173157-30	\$72.00				0.001-0.301	173252-11	\$52.00	0.054.0.054
Tu,Th	10/30-11/20	10:15A-10:45A	<b>173251-37</b> F	\$52.00 10/24-11/21	3:20P-3:50P	Sa	9/13-10/11	8:05A-8:35A
173157-31	\$72.00		173251-38	\$52.00	J.201 -J.JUF	173252-12	\$52.00	0.404 0 104
Tu,Th	10/30-11/20	12:45P-1:15P	F	10/24-11/21	4:40P-5:10P	Sa 173252 13	9/13-10/11	8:40A-9:10A
173157-32	\$72.00		173251-39	\$52.00	01 5.101	173252-13	\$52.00 9/13 10/11	10.30 / 11.00 /
Tu,Th	10/30-11/20	4:00P-4:30P	F	10/24-11/21	6:00P-6:30P	Sa	9/13-10/11	10:30A-11:00A

173252-14	\$62.00		crawl for 5 yo	ls. Class will te	each rotary breath-	173253-28	\$62.00	
Su	9/14-10/19	8:05A-8:35A			oke/butterfly kick.	Su	10/26-11/29	10:30A-11:00A
173252-15	\$62.00		173253-01	\$62.00		173253-29	\$62.00	
Su	9/14-10/19	8:40A-9:10A	Tu,Th	9/9-9/28	2:00P-2:30P	Su	10/26-11/29	11:10A-11:40A
173252-16	\$62.00		173253-02	\$62.00		173253-30	\$62.00	1111011 1111011
Su	9/14-10/19	10:30A-11:00A	M,W	9/8-9/24	5:00P-5:30P	Su	10/26-11/29	12:30P-1:00P
173252-17	\$72.00		173253-03	\$62.00		173253-31	\$62.00	12.001 1.001
M,W	10/1-10/22	1:20P-1:50P	M,W	9/8-9/24	5:00P-5:30P	M,W	10/29-11/24	4:40P-5:10P
173252-18	\$72.00	1.201 1.001	173253-04	\$62.00		173253-32	\$62.00	1.101 5.101
M,W	10/1-10/22	4:40P-5:10P	M,W	9/8-9/24	4:40P-5:10P	M,W	10/29-11/24	5:20P-5:50P
173252-19	\$62.00		173253-05	\$62.00		173253-33	\$72.00	3.201 3.301
M,W	10/1-10/22	5:20P-5:50P	M,W	9/8-9/24	5:00P-5:30P	Tu,Th	10/30-11/20	2:00P-2:30P
173252-20	\$62.00	0.201 0.001	173253-06	\$62.00		173253-34	\$72.00	2.001 2.001
M,W	10/1-10/22	6:40P-7:10P	F	9/12-10/17	4:40P-5:10P	Tu,Th	10/30-11/20	4:40P-5:10P
173252-21	\$62.00	07.101 77.101	173253-07	\$62.00		173253-35	\$72.00	1.101 5.101
Tu,Th	10/7-10/23	1:20P-1:50P	F	9/12-10/17	5:00P-5:30P	Tu,Th	10/30-11/20	5:20P-5:50P
173252-22	\$62.00	1.201 1.301	173253-08	\$52.00		10,111	10/30-11/20	5.201 -5.501
Tu,Th	10/7-10/23	4:40P-5:10P	Sa	9/13-10/11	10:30A-11:00A	LV 4. STRO	KE IMPROVE	EMENT CMRC
173252-23	\$62.00	1.101 5.101	173253-09	\$52.00			-requisites: Swi	
Tu,Th	10/7-10/23	6:00P-6:30P	Sa	9/13-10/11	11:10A-11:40A	back crawl 15	5 yds, perform a	kneeling dive
173252-24	\$52.00	0.001 0.501	173253-10	\$52.00		and breathe to	the side while	swimming front
F	10/24-11/21	1:20P-1:50P	Sa	9/13-10/11	11:50A-12:20P		will build endur	
173252-25	\$52.00	1.201 1.301	173253-11	\$52.00		stroke.	butterfly and ele	ementary back-
F	10/24-11/21	4:40P-5:10P	Sa	9/13-10/11	12:30P-1:00P	173254-01	\$90.00	
173252-26	\$52.00	1.101 5.101	173253-12	\$52.00		M,W	9/8-9/24	2:40P-3:20P
F	10/24-11/21	6:00P-6:30P	Sa	9/13-10/11	1:15P-1:45P	173254-02	\$90.00	2.401 -3.201
173252-27	\$52.00	0.001 0.001	173253-13	\$62.00		Tu,Th	9/9-9/25	3:20P-4:00P
Sa	10/25-11/29	8:05A-8:35A	Su	9/14-10/19	10:30A-11:00A	173254-03	\$105.00	3.201 -4.001
173252-28	\$52.00	0.0311 0.3311	173253-14	\$62.00		Sa	9/13-11/15	2:10P-2:50P
Sa	10/25-11/29	8:40A-9:10A	Su	9/14-10/19	11:10A-11:40A	173254-04	\$75.00	2.101 -2.301
173252-29	\$52.00	0.1011 7.1011	173253-15	\$62.00		173234-04 Su	9/14-10/19	2:00P-2:40P
Sa	10/25-11/29	10:30A-11:00A	Su	9/14-10/19	12:30P-1:00P	173254-05	\$105.00	2.001 -2.401
173252-30	\$62.00	10.0011 11.0011	173253-16	\$62.00		M,W	10/1-10/22	2:40P-3:20P
Su	10/26-11/30	8:05A-8:35A	M,W	10/1-10/22	4:40P-5:10P	173254-06	\$120.00	2.401 -3.201
173252-31	\$62.00		173253-17	\$62.00		Tu,Th	10/7-10/30	3:20P-4:00P
Su	10/26-11/30	8:40A-9:10A	M,W	10/1-10/22	5:20P-5:50P	173254-07	\$90.00	3.201 -4.001
173252-32	\$62.00		173253-18	\$62.00		Su	10/26-11/30	2:00P-2:40P
Su	10/26-11/30	10:30A-11:00A	Tu,Th	10/7-10/23	2:00P-2:30P	173254-08	\$90.00	2.001 2.101
173252-33	\$62.00		173253-19	\$62.00		M,W	10/29-11/24	2:40P-3:20P
M,W	10/29-11/24	1:20P-1:50P	Tu,Th	10/7-10/23	4:40P-5:10P	111,11	10/2/ 11/2	2
173252-34	\$62.00		173253-20	\$62.00		LV 5: STRO	KE REFINEM	ENT CMRC
M,W	10/29-11/24	4:40P-5:10P	Tu,Th	10/7-10/23	5:20P-5:50P			Fread water for 1
173252-35	\$62.00		173253-21	\$52.00		minute, swim	ming front and	back crawl 25yds,
M,W	10/29-11/24	5:20P-5:50P	F	10/24-11/21	4:40P-5:10P			ning, swimming
173252-36	\$62.00		173253-22	\$52.00		elementary be terfly for 15 y		tstroke and but-
M,W	10/29-11/24	6:40P-7:10P	F	10/24-11/21	5:20P-5:50P	173255-01	\$90.00	
173252-37	\$72.00		173253-23	\$52.00		173255-01 M,W	9/8-9/24	2:00P-2:40P
Tu,Th	10/30-11/20	1:20P-1:50P	Sa	10/25-11/29	10:30A-11:00A			2.00F-2.40F
173252-38	\$72.00		173253-24	\$52.00		<b>173255-02</b> Tu,Th	\$90.00 9/9-9/25	4:00P-4:40P
Tu,Th	10/30-11/20	4:40P-5:10P	Sa	10/25-11/29	11:10A-11:40A	10,111 173255-03	\$75.00	4.001-4.401
173252-39	\$72.00		173253-25	\$52.00		17 <b>3255-03</b> Su	\$73.00 9/14-10/19	2:40P-3:20P
Tu,Th	10/30-11/20	6:00P-6:30P	Sa	10/25-11/29	11:50A-12:20P	173255-04	\$75.00	4. <del>4</del> 0F-3.20F
			173253-26	\$52.00		173255-04 Su	\$73.00 9/14-10/19	3:20P-4:00P
LV 3: STROE	KE DEVELOP	PMENT CMRC	Sa	10/25-11/29	12:30P-1:00P	3u 173255-05	\$105.00	J.40F-4:00P
(6-12yrs) Pre-requisites: Able to float on front			173253-27	\$52.00		173255-05 M,W	10/1-10/22	2:00P-2:40P
/back independ	dently and swir	n front and back	Sa	10/25-11/29	1:15P-1:45P	173255-06	\$120.00	2.001 -2.40f
						173433-00	ψ1Δ0.00	

Tu,Th	10/7-10/30	4:00P-4:40P
173255-07	\$90.00	
Su	10/26-11/30	2:40P-3:20P
173255-08	\$90.00	
Su	10/26-11/30	3:20P-4:00P
173255-09	\$90.00	
M,W	10/29-11/24	2:00P-2:40P

### **MULTI-AGE SWIM PROGRAMS**

### INDIVIDUAL & GROUP LESSONS

(Ages 6 & up) Half-hour lessons with individualized attention are arranged by appointment only. Call 571-258-3600 or email Kim.Baker@loudoun.gov.

### ADULT LEVEL 1 CMRC

(Ages 13 & up) Focuses on fundamental skills with emphasis placed on locomotion using the crawl stroke, floating, and personal water safety skills.

safety skills.		
173461-01	\$62.00	
M,W	9/8-9/24	7:20P-7:50P
173461-02	\$62.00	
M,W	9/8-9/24	8:00P-8:30P
173461-03	\$62.00	
Tu,Th	9/9-9/25	7:20P-7:50P
173461-04	\$62.00	
Tu,Th	9/9-9/25	8:00P-8:30P
173461-05	\$52.00	
Sa	9/13-10/11	11:20A-11:50A
173461-06	\$62.00	
Su	9/14-10/19	9:10A-9:40A
173461-07	\$62.00	
Su	9/14-10/19	11:40A-12:10P
173461-08	\$52.00	
M,W	10/1-10/22	7:20P-7:50P
173461-09	\$52.00	
M,W	10/1-10/22	8:00P-8:30P
173461-10	\$62.00	
Tu,Th	10/7-10/23	7:20P-7:50P
173461-11	\$62.00	
Tu,Th	10/7-10/23	8:00P-8:30P
173461-12	\$52.00	
Sa	10/25-11/29	11:20A-12:10P
173461-13	\$62.00	
Su	10/26-11/29	9:10A-9:40A
173461-14	\$62.00	
Su	10/26-11/29	11:40A-12:10P
173461-15	\$62.00	
M,W	10/29-11/24	7:20P-7:50P
173461-16	\$62.00	
M,W	10/29-11/24	8:00P-8:30P
173461-17	\$72.00	
Tu,Th	10/30-11/20	7:20P-7:50P
173461-18	\$72.00	
Tu,Th	10/30-11/20	8:00P-8:30P

### **ADULT LEVEL 2 CMRC**

(Ages 13 & up) For students who have completed Adult Level 1 or have an understanding of at least two swim strokes.

173462-01	\$62.00	
M,W	9/8-9/24	8:00P-8:30P
173462-02	\$62.00	
Tu,Th	9/9-9/25	8:00P-8:30P
173462-03	\$52.00	
Sa	9/13-10/11	11:20A-11:50A
173462-04	\$62.00	
Su	9/14-10/19	9:20A-9:50A
173462-05	\$52.00	
M,W	10/1-10/22	8:00P-8:30P
173462-06	\$62.00	
Tu,Th	10/7-10/23	8:00P-8:30P
173462-07	\$52.00	
Sa	10/25-11/29	11:20A-11:50A
173462-08	\$62.00	
Su	10/26-11/29	9:20A-9:50A
173462-09	\$62.00	
M,W	10/29-11/24	8:00P-8:30P
173462-10	\$72.00	
Tu,Th	10/30-11/20	8:00P-8:30P

# CLAUDE MOORE AQUATICS CLUB

Join the Tiger Sharks! The program includes swim team classes, as well as our water polo team. Classes are designed to move your child to the next level. All programs are eligible for competition in tournaments and meets. We will hold our own in-house swim meets and water polo tournaments. All competitions have a separate entry fee. All upper levels require an approval form and on-site registration at CMRC.

### DEVELOPMENTAL SWIM TEAM 1

(Ages 5-6) For swimmers with no previous swim team experience. Must swim 25 yds independently on first day. Students will work on all four competitive strokes with an emphasis on freestyle and backstroke.

\$106.00	
9/13-11/29	11:30A-12:10P
\$106.00	
9/14-11/30	11:20A-12:00P
	9/13-11/29 \$106.00

### **DEVELOPMENTAL SWIM TEAM 2**

(Ages 7-8) Swimmers will be introduced to proper stroke mechanics & diving. Must be able to swim 25 yds each of freestyle and backstroke on first day.

173272-01	\$106.00	
Sa	9/13-11/15	12:00P-12:40P
173272-02	\$93.00	
Su	9/14-11/16	1:20P-2:00P

### **DEVELOPMENTAL SWIM TEAM 3**

(Ages 9-12) Swimmers will learn proper stroke mechanics of freestyle and backstroke. Breaststroke & butterfly will be introduced. Must be able to swim 25 yds each of freestyle and backstroke on first day.

173273-01	\$93.00	
Su	9/14-11/16	2:00P-2:40P

### **SWIM TEAM PREP 1**

(Ages 7-8yrs) Must be able to swim 25 yrds each freestyle and backstroke on first day and have 2 previous summer swim team seasons. Class will refine breaststroke & butterfly while building endurance. Starts and turns also introduced.

173274-01	\$142.00	
Sa	9/13-11/15	12:30P-1:30P

# **SWIM TEAM PREP 2**

(Ages 9-10yrs) See description for Ages 7-8.

173275-01	\$142.00	
Sa	9/13-11/15	9:20A-10:20A
173275-02	\$142.00	
Sa	9/13-11/15	12:30P-1:30P
173275-03	\$98.00	
Su	9/14-11/16	3:20P-4:20P

# **SWIM TEAM PREP 3**

(Ages 11 & up) See description for Ages 7-8.

173276-01	\$142.00	
Sa	9/13-11/15	8:05A-9:05A
173276-02	\$142.00	
Sa	9/13-11/15	2:40P-3:40P
173276-03	\$98.00	
Su	9/14-11/16	4:00P-4:45P

# **SWIM TEAM TRAINING 1-CMRC**

(Ages 7-9) Pre-requisites: 4 seasons of swim team experience, knowledge of all 4 strokes, perform all 4 strokes on the first day. This class is for swimmers who enjoy other sports and would like to continue training without the commitment of a team. Class will focus on racing, speed and turns. Bring fins.

173277-01	\$107.00	
M,W	9/8-9/24	4:00P-5:00P
173277-02	\$107.00	
M,W	10/1-10/22	4:00P-5:00P
173277-03	\$107.00	
M,W	10/29-11/24	4:00P-5:00P

# **SWIM TEAM TRAINING 2-CMRC**

(Ages 10-12) See description for Ages 7-9.

(1180010112)	Dec description .	
173278-01	\$107.00	
M,W	9/8-9/24	6:30P-7:30P
173278-02	\$107.00	
M,W	10/1-10/22	6:30P-7:30P

173278-03	\$107.00	
M,W	10/29-11/24	6:30P-7:30P

### **SWIM TEAM TRAINING 3-CMRC**

(Ages 13 yrs & up) See description for Ages 7-9.

173279-01	\$107.00	
M,W	9/8-9/24	7:30P-8:30P
173279-02	\$107.00	
M,W	10/1-10/22	7:30P-8:30P
173279-03	\$107.00	
M.W	10/29-11/24	7:30P-8:30P

### **CMAC TRAINING 1**

Pre-requisites: Legal in all four strokes, ability to complete a 100 yd. I.M. under 1:50:00, 200 IM, and 200 Freestyle. Must have signed approval form. Description: Continued stroke drill work, incorporating them into sets. Learn importance of underwater swimming and race strategies, including starts turns and tempo. The goal is more efficient strokes, increased conditioning, and speed. Includes a Saturday dry land and Sunday swim practice.

173280-01	\$310.00	
Tu,Th	9/9-11/30	5:00P-6:00P
173280-02	Included	
Sa	9/13-11/29	9:00A-10:00A
173280-03	Included	
Su	9/14-11/30	4:45P-5:45P

# **CMAC TRAINING 2**

Pre-requisites: Legal in all four strokes, ability to complete a 100 yd. I.M. under 1:30:00, 200 IM, and 200 Freestyle. Must have signed approval form. See description for CMAC Training 1.

173281-01	\$310.00	
Tu,Th	9/9-11/30	6:00P-7:00P
173281-02	Included	
Sa	9/13-11/29	10:00A-11:00A
173281-03	Included	
Su	9/14-11/30	5:45P-6:45P

### **CMAC TRAINING 3**

Pre-requisites: Legal in all four strokes, ability to complete a 100 yd. I.M. under 1:20:00.50, Freestyle under :30 seconds. Must have signed approval form. Description: Designed for the two-sport athlete who wants to compete at a high level. Continued stroke drill work, incorporating them into sets. Extensive training in race strategies, starts, turns, tempo, and effective underwater swimming. The goal is more efficient strokes, increased conditioning, speed, and competing in High School District, Regional, and State Championship Meets. Includes a Saturday dry land training program and Sunday swim practice.

173282-01	\$310.00	
Tu,Th	9/9-11/30	7:40P-8:40P

173282-02	Included	
Sa	9/13-11/29	10:00A-11:00A
173282-03	Included	
Su	9/14-11/30	6:45P-7:45P

### WATER POLO AND SWIM TEAM

This is a combo class. Water Polo Practice is M/W/F/Su. Swim Team Practice is T/Th/Sa/Su. Schedule is determined with your coaches. You must attend at least two of each practice per week.

173284-01	\$570.00	
M-Su	9/8-11/30	12:00A-12:00A
173284-02	\$570.00	
M-Su	9/8-11/30	12:00A-12:00A

### H20 BALL

This class is an introduction to Water Polo. All participants must be able to swim at least 25 yds, and be comfortable in at least 4.5 ft of water. Basic skills are learned and reinforced.

173286-01	\$140.00	
Su	9/14-11/30	11:00A-11:45A

### WATER POLO

(Ages 8-14) Open to boys and girls, our club water polo program is designed to provide all ability levels with a positive and competitive environment for developing new skills. All players have the opportunity to work as a member of a team and to learn a balanced approach to the game. Groups are divided by age, experience and ability. Includes a Friday and Sunday practice.

173287-01	\$475.00	
M,W	9/8-11/24	5:00P-6:30P
173287-02	Included	
Su	9/14-11/30	12:00P-2:30P
173287-03	\$410.00	
M,W	9/8-11/24	7:30P-9:30P
173287-04	Included	
Su	9/14-11/30	12:00P-2:30P
173287-05	Included	
F	9/12-11/28	5:00P-6:30P
173287-06	Included	
F	9/12-11/28	5:00P-6:30P

# **SAFETY CLASSES**

# LIFEGUARD CLASS

Pre-requisites: Must be 15 by the last day of class and be able to complete a 300-yd. swim and get a 10 lb. brick from the bottom of at least 9 feet of water on the first day. Attendance at every session is mandatory. Upon completion, participants receiver certification through the American Red Cross.

173290-01	\$175.00	
Su	9/14-10/5	10:00A-6:00P
173290-02	\$175.00	
Su	11/9-11/30	10:00A-6:00P

### WATER SAFETY INSTRUCTOR

(Ages 16 & up) Pre-requisite: Must be able to perform all 4 strokes. *Please check for availability*.

# **WATER FITNESS PROGRAMS**

# **AQUAFIT**

(Ages 13 & up) Using the water for resistance, this class offers challenging cardiovascular training, as well as strength conditioning to promote healthy individuals. Held in shallow water.

173475-01	\$127.00	
Tu,Th	9/9-11/15	6:30A-7:20A
173475-02	\$198.00	
M,W,F	9/8-11/28	9:15A-10:05A
173475-03	\$127.00	
Tu,Th	9/9-11/25	5:30P-6:20P
173475-04	\$132.00	
M,W	9/8-11/26	6:30P-7:20P
173475-05	\$44.00	
Sa	9/13-11/29	9:00A-9:50A

# AQUALITE

(Ages 13 & up) A low-impact exercise class held in warm, shallow water. Designed to progressively build strength, flexibility, and endurance in a joint-supportive environment.

173476-01	\$132.00	
M,W	9/8-11/26	10:30A-11:20A

### **COMBO WATER FITNESS**

(Ages 13 & up) Class spends half of the time in shallow water and the other half in deep water for double the benefits!

173477-01	\$127.00	
Tu,Th	9/9-11/25	9:15A-10:05A
173477-02	\$127.00	
Tu,Th	9/9-11/25	6:30P-7:20P

# **DEEP WATER FITNESS**

(Ages 13 & up) Challenging workout with less stress on your joints. Includes aerobic work, as well as strength and flexibility training. Held in deep water. Participants must be able to swim.

173478-01	\$198.00	
M,W,F	9/8-11/28	8:00A-8:55A
173478-02	\$127.00	
Tu,Th	9/9-11/25	8:00A-8:55A
173478-03	\$44.00	
Sa	9/13-11/29	10:30A-11:20A

### **SPECIALTY WATER CLASSES**

# SCUBA CLASSES

Scuba classes are offered through outside companies. Please stop by our front desk for information and schedules.

# FITNESS & SPORTS PROGRAMS

# FITKIDS® BALLS, BALLS, BALLS

(Ages 2-3) May be strenuous. Play with balls of all sizes to improve hand eye coordination, balance and cooperative play.

173109-01	\$36.00	
Tu	9/9-9/30	9:30A-10:00A
173109-02	\$36.00	
Tu	10/7-10/28	9:30A-10:00A
173109-03	\$36.00	
Tu	11/4-11/25	9:30A-10:00A
173109-04	\$36.00	
Sa	9/6-9/27	9:45A-10:15A
173109-05	\$36.00	
Sa	10/4-10/25	9:45A-10:15A
173109-06	\$36.00	
Sa	11/1-11/22	9:45A-10:15A

### FITKIDS® FITNESS (3-5)

(Ages 3-5) May be strenuous. Children run, jump, hop, skip, climb, and move for 45 minutes of non-stop fun.

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173110-01	\$40.00	
Tu	9/9-9/30	4:00P-4:45P
173110-02	\$40.00	
Tu	10/7-10/28	4:00P-4:45P
173110-03	\$40.00	
Tu	11/4-11/25	4:00P-4:45P
173110-04	\$40.00	
F	9/5-9/26	10:00A-10:45A
173110-05	\$40.00	
F	10/3-10/24	10:00A-10:45A
173110-06	\$40.00	
F	10/31-11/21	10:00A-10:45A
173110-07	\$40.00	
F	9/5-9/26	10:45A-11:30A
173110-08	\$40.00	
F	10/3-10/24	10:45A-11:30A
173110-09	\$40.00	
Tu,F	10/31-11/21	10:45A-11:30A
173110-10	\$40.00	
Sa	9/6-9/27	10:15A-11:00A
173110-11	\$40.00	
Sa	10/4-10/25	10:15A-11:00A
173110-12	\$40.00	
Sa	11/1-11/22	10:15A-11:00A

### FITKIDS® TUMBLING

(Ages 3-5) May be strenuous. Participants flip, jump, and roll while building confidence, self-esteem and tumbling skills.

173111-01	\$36.00	
Tu	9/9-9/30	10:15A-10:45A
173111-02	\$36.00	
Tu	10/7-10/28	10:15A-10:45A

6.00	
(	6.00

Tu 11/4-11/25 10:15A-10:45A

### FITKIDS® MOVE IT, MOVE IT

(Ages 6-8) May be strenuous. Cardio, strength, agility drills, coordination activities and balance games improve kids' physical fitness

173211-01	\$40.00	
Tu	9/9-9/30	5:00P-5:45P
173211-02	\$40.00	
Tu	10/7-10/28	5:00P-5:45P
173211-03	\$40.00	
Tu	11/4-11/25	5:00P-5:45P

### SPORTS MIX

(Ages 3-6) This class will introduce your child to variety of sports including soccer, basketball, floor hockey, t-ball and more.

173125-01	\$45.00	
Tu,Th	9/9-9/25	9:00A-10:00A
173125-02	\$45.00	
W,F	10/1-10/17	11:30A-12:30P
173125-03	\$45.00	
Tu,Th	10/21-11/6	11:30A-12:30P
173125-04	\$45.00	
W,F	11/12-12/5	11:30A-12:30P

### SPORTS MIX ADVANCED

(Ages 3-6) This class is designed to improve your child's skills in a variety of sports including soccer, basketball, floor hockey, t-ball and more. Previous Sports Mix classes recommended, but not required.

173126-01	\$45.00	
Tu,Th	9/9-9/25	10:15A-11:15A
173126-02	\$45.00	
W,F	10/1-10/17	12:45P-1:45P
173126-03	\$45.00	
Tu,Th	10/21-11/6	12:45P-1:45P
173126-04	\$45.00	
W,F	11/12-12/5	12:45P-1:45P

### SOCCER FOR STARTERS

(Ages 3-6) This class will introduce your child to the sport of soccer. Dribbling, passing, teamwork, and scoring will be taught.

1/312/-01	\$45.00	
W,F	10/22-11/7	9:00A-10:00A

# FAST BREAK BASKETBALL

(Ages 3-6) Learn the basics of basketball - passing, dribbling, shooting, and teamwork.

1	0,	0,	0'
1731	128-01	\$45.00	
Tu,T	`h	9/30-10/1	6 9:00A-10:00A

# T-BALL TIME

(Ages 3-6) This class is an introduction to T-ball. We will practice hitting, throwing, catching, and other parts of the game.

1/3129-01	\$45.00

W,F 9/10-9/26 12:00P-1:00P

### PARACHUTE PLAY

(Ages 3-5) Parent and child will play parachute games and use your imagination to create new worlds under a parachute!

173131-01	\$40.00
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F 9/12-10/17 11:00A-11:45A

### MOMMY, ME AND MUSIC

(Ages 3-6) Children will create their own instruments and learn how to make rhythms and music with their parent.

173133-01	\$50.00

Tu 10/14-11/18 11:00A-11:45A

### LITTLE TIKES FENCING

(Ages 4-7) In this class, taught by Have Blade Will Travel, students use a foam 'saber' to learn the basics of saber. Students will suit up using all of the equipment.

173134-01	\$80.00	
M	9/15-10/20	11:00A-11:45A
173134-02	\$80.00	
M	11/3-12/15	11:00A-11:45A
173134-03	\$80.00	
W	9/17-10/22	11:00A-11:45A
173134-04	\$80.00	
W	11/5-12/18	11:00A-11:45A

### HOMESCHOOL FENCING

(Ages 5-12) This beginner class covers all the basics of fencing including rules and positions. A \$20 equipment fee is payable to the instructor at the first class.

173225-01	\$80.00	
M	9/15-10/20	12:00P-1:00P
173225-02	\$80.00	
M	11/3-12/15	12:00P-1:00P
173225-03	\$80.00	
W	9/17-10/22	12:00P-1:00P
173225-04	\$80.00	
W	11/5-12/18	12:00P-1:00P

### **BASKETBALL ACADEMY (6-8)**

(Ages 6-8) Swoosh! Learn the basics of basketball- passing, dribbling, shooting, and teamwork.

173226-01	\$40.00	
F	9/12-10/3	3:15P-4:15P
173226-02	\$40.00	
F	10/10-10/31	3:15P-4:15P
173226-03	\$40.00	
F	11/7-12/5	3:15P-4:15P

### **BASKETBALL ACADEMY (9-12)**

(Ages 9-13) Swoosh! Learn the basics of basketball - passing, dribbling, shooting, and teamwork.

173227-01	\$40.00	
F	9/12-10/3	4:30P-5:30P
173227-02	\$40.00	
F	10/10-10/31	4:30P-5:30P
173227-03	\$40.00	
F	11/7-12/5	4:30P-5:30P
F 173227-03	10/10-10/31 \$40.00	

### **BASKETBALL ACADEMY (13-18)**

(Ages 13-18) This class covers passing, shooting, offensive and defensive strategies.

173325-01	\$40.00	
F	9/12-10/3	5:45P-6:45P
173325-02	\$40.00	
F	10/10-10/31	5:45P-6:45P
173325-03	\$40.00	
F	11/7-12/5	5:45P-6:45P

### FENCING: YOUTH BEGINNER FOIL

(Ages 8-16) This class, taught by Have Blade Will Travel, focuses on the basic stance, lunge, parries, and attacks, as well as basic concepts of foil fencing, with an emphasis on form. A \$20 equipment fee is payable to instructor at the first class.

173326-01	\$80.00	
M	9/15-10/20	6:30P-7:30P
173326-02	\$80.00	
M	11/3-12/15	6:30P-7:30P
173326-03	\$80.00	
W	9/17-10/22	6:30P-7:30P
173326-04	\$80.00	
W	11/5-12/18	6:30P-7:30P

# BASKETBALL: THE ULTIMATE PLAYER MEN'S

(Ages 14-18) Stresses collegiate concepts to help the high school athlete reach his potential. Strength and conditioning included. Class also meets on Thursdays from 8:00P-9:30P.

173327-01	\$115.00	
Sa	9/6-9/6	12:00P-1:30P
173327-02	\$115.00	
Sa	9/13-9/16	12:00P-1:30P
173327-04	\$115.00	
Sa	9/27-9/30	12:00P-1:30P
173327-05	\$115.00	
Sa	10/4-10/7	12:00P-1:30P
173327-06	\$115.00	
Sa	10/11-10/13	12:00P-1:30P
173327-07	\$115.00	
Sa	10/18-10/21	12:00P-1:30P
173327-08	\$115.00	
Sa	10/25-10/28	12:00P-1:30P
173327-09	\$115.00	
Sa	11/1-11/4	12:00P-1:30P
173327-10	\$115.00	
Sa	11/8-11/11	12:00P-1:30P

# BASKETBALL: THE ULTIMATE PLAYER WOMEN'S

(Ages 14-18) See description above for The Ultimate Player: Men's. Class also meets Tuesdays from 8:00P-9:30P.

173328-01	\$115.00	
Sa	9/6-9/11	5:30P-7:00P
173328-02	\$115.00	
Sa	9/13-9/18	5:30P-7:00P
173328-04	\$115.00	
Sa	9/27-10/2	5:30P-7:00P
173328-05	\$115.00	
Sa	10/4-10/9	5:30P-7:00P
173328-06	\$115.00	
Sa	10/11-10/15	5:30P-7:00P
173328-07	\$115.00	
Sa	10/18-10/23	5:30P-7:00P
173328-08	\$115.00	
Sa	10/25-10/30	5:30P-7:00P
173328-09	\$115.00	
Sa	11/1-11/6	5:30P-7:00P
173328-10	\$115.00	
Sa	11/8-11/12	5:30P-7:00P

### **ONE-ON-ONE**

(Ages 14-18) For intermediate-advanced students. Teaches more advanced techniques of winning in one-on-one situations. Combines clutch free throw shooting, which emphasizes the mechanics of free throw shooting under pressure. Includes free throw accuracy measurements, breathing techniques for firm free throw shooting, and how to block out the distractions during tense situations. Also meets on Mondays from 8:00P-9:30P.

173329-01	\$65.00	
Sa	9/6-9/8	2:00P-3:30P
173329-02	\$65.00	
Sa	9/13-9/15	2:00P-3:30P
173329-04	\$65.00	
Sa	9/27-9/29	2:00P-3:30P
173329-05	\$65.00	
Sa	10/4-10/6	2:00P-3:30P
173329-06	\$65.00	
Sa	10/11-10/13	2:00P-3:30P
173329-07	\$65.00	
Sa	10/18-10/20	2:00P-3:30P
173329-08	\$65.00	
M,Sa	10/25-10/27	2:00P-3:30P
173329-09	\$65.00	
Sa	11/1-11/3	2:00P-3:30P
173329-10	\$65.00	
Sa	11/8-11/10	2:00P-3:30P
173329-11	\$65.00	
M,Sa	11/15-11/17	2:00P-3:30P

### FENCING: ADULT BEGINNER

(Ages 18-65) See description above for Ages 8-16.

173525-01	\$80.00	
M	9/15-10/20	7:45P-8:45P
173525-02	\$80.00	
M	11/3-12/15	7:45P-8:45P
173525-03	\$80.00	
W	9/17-10/22	7:45P-8:45P
173525-04	\$80.00	
W	11/5-12/18	7:45P-8:45P

# **GROUP EXERCISE**

## CMRC BOOT CAMP

(Age 18 & up) May be strenuous. This class will improve cardiovascular, strength, and flexibility, utilizing the whole CMRC facility.

173501-01	\$100.00	
M,W,Th	9/8-10/2	6:30P-7:30P
173501-02	\$100.00	
M,W,Th	10/6-10/30	6:30P-7:30P
173501-03	\$75.00	
M,W,Th	11/3-11/20	6:30P-7:30P
		6:30P-7:30P

### YOGA/PILATES FUSION

(Ages 18 & up) May be strenuous. Blends dynamic yoga postures with Pilates body conditioning. Focus is on proper breathing, alignment, core training, flexibility, and strength.

173502-01	\$28.50	
W	9/10-10/8	10:00A-11:00A
173502-02	\$28.50	
W	10/15-11/12	10:00A-11:00A

### CARDIO KICKBOXING

(Ages 18 & up) May be strenuous. Full body cardio workout. "Fight" your way to Fitness with fun and energizing kickboxing combos.

173506-01	\$57.00	
Tu,Th	9/9-10/2	6:30A-7:30A
173506-02	\$57.00	
Tu,Th	10/7-10/30	6:30A-7:30A
173506-03	\$50.00	
Tu,Th	11/4-11/25	6:30A-7:30A

# CARDIO FUSION

(Ages 18 & up) May be strenuous. From Step to stability ball, core to Pilates, work your whole body, and never get bored!

173507-01	\$57.00	
Tu,Th	9/9-10/2	8:15A-9:00A
173507-02	\$57.00	
Tu,Th	10/7-10/30	8:15A-9:00A
173507-03	\$50.00	
Tu,Th	11/4-11/25	8:15A-9:00A

### **BASIC HATHA YOGA**

(Ages 18 & up) Explore the world of Hatha Yoga. Build strength, flexibility, balance, and meditation skills with Ms. Cindy.

173509-01	\$28.50	
Th	9/11-10/2	9:15A-10:15A
173509-02	\$28.50	
Th	10/9-10/30	9:15A-10:15A
173509-03	\$21.40	
Th	11/6-11/20	9:15A-10:15A

### **CIRCUIT TRAINING**

(Ages 18 & up) May be strenuous. Incredible workout combining cardio and strength.

\$57.00	
9/9-10/2	8:00P-9:00P
\$57.00	
10/7-10/30	8:00P-9:00P
\$50.00	
11/4-11/25	8:00P-9:00P
	9/9-10/2 \$57.00 10/7-10/30 \$50.00

# PILATES MAT

(Ages 18 & up) May be strenuous. Strengthen core while opening joints and releasing tension.

173514-01	\$28.50	
Tu	9/9-9/30	7:00P-8:00P
173514-02	\$28.50	
Tu	10/7-10/28	7:00P-8:00P
173514-03	\$28.50	
Tu	11/4-11/25	7:00P-8:00

### STEP & SCULPT

(Ages 18 & up) May be strenuous. High intensity moves integrated with muscle conditioning, balance training, and CV drills.

\$28.50	
9/5-9/26	5:00P-6:00P
\$28.50	
10/3-10/24	5:00P-6:00P
\$28.50	
10/31-11/21	5:00P-6:00P
	9/5-9/26 \$28.50 10/3-10/24 \$28.50

### INTRO TO YOGA

(Ages 18 & up) Fitness class - may be strenuous. Basic Yoga techniques, proper breathing and stretching.

173518-01	\$57.00	
M,W	9/8-10/1	11:00A-12:00P
173518-02	\$57.00	
M,W	10/6-10/29	11:00A-12:00P
173518-03	\$43.00	
M,W	11/3-11/19	11:00A-12:00P

# PRE/POSTNATAL STRENGTH & CORE

(Ages 18 & up) Focuses on cardio and strength, with emphasis on the core. Uses bands/tubing, bars, hand weights, and stability balls. Excellent for those desiring a more gentle exercise class.

1/3521-01	\$83.00	
Tu,Th	9/16-10/16	9:15A-10:15A
173521-02	\$85.00	

10/21-11/20

9:15A-10:15A

¢05 00

### "MUSCULAR MOMMIES"

(Ages 18 & up) Designed for mom and child (6mos-4yrs), but can be done by mom alone. Warm-up, strength (bands/tubing, child, stroller), cardio, cool-down and time for moms and kids to connect.

Tu,Th	9/16-10/16	10:30A-11:30A
173522-02	\$85.00	
Tu.Th	10/21-11/20	10:30A-11:30A

\$85.00

# FITNESS TRAINING & PROGRAM DESIGN

### PERSONAL TRAINING

173522-01

(Ages 12 & up) Half-hour, 1-hour, and 1½-hour individual and group training sessions arranged by advance appointment. Individualized attention for instruction and motivation. Call 571-258-3600, x1554, or email Mitchell.Frid@loudoun.gov

### PROGRAM DESIGN

(Ages 18 & up) May be strenuous. This 55-minute seminar teaches the basics of successful program design. Includes follow-up with instructor. Schedule changes monthly.

**173520-01** \$60.00 M-Su 9/1-11/30

# ADULT FITNESS ORIENTATION, CV

(Ages 16 & up) May be strenuous Learn how to start, program, and safely use the cardiovascular equipment at CMRC. Schedule changes monthly.

**173523-01** Free M-Su 9/1-11/30

# ADULT FITNESS ORIENTATION, STR

(Age 16 & up) May be strenuous. Learn how to set the seat, proper form, and technique to safely use the strength equipment at CMRC. Schedule changes monthly.

**173524-01** Free M-Su 9/1-11/30

### FITNESS TESTING

(Ages 16 & up) May be strenuous. A 55-minute session to measure body fat, strength, endurance, and flexibility. Call to schedule individual appointment.

**173705-01** \$25.00 M-Su 9/1-11/30

### CARDIO WORKOUT PROGRAM

(Ages 16 & up) May be strenuous. Includes 30-minute cardiovascular test on the Treadmill or Cycle plus follow-up appt. for explanation of 3-month program. Call to schedule individual appointment.

**173706-01** \$75.00 M-Su 9/1-11/30

### **ORIENTATION TO FREE WEIGHTS**

(Ages 16 & up) May be strenuous. This 55-minute class instructs you on the safe use of free weights, including proper form and technique. Schedule changes monthly.

**173707-01** \$10.00 M –Su 9/1-11/30

### YOUTH FITNESS ORIENTATION

(Ages 12-15) May be strenuous. Two 1-hr sessions to learn proper form, technique, and safety on the cardiovascular and weight machines. Schedule changes monthly.

**173723-01** \$15.00 M-Su 9/1-11/30

# **SELF DEFENSE PROGRAMS**

### COMBA TAI KARATE (AGES 7 +)

(Ages 7 & up) May be strenuous. Comba Tai Karate emphasizes the mental, physical, and spiritual growth of each student. Also meets Saturdays from 9:00A-10:00A.

173702-01	\$92.50	
Tu,Th	9/9-10/2	6:30P-7:30P
173702-02	\$92.50	
Tu,Th	10/7-10/30	6:30P-7:30P
173702-03	\$92.50	
Tu,Th	11/4-11/25	6:30P-7:30P

# **SIGN LANGUAGE PROGRAMS**

# BABY SIGNS: SIGN, SAY, AND PLAY

(Ages 6 mos-3 yrs) Learn signs while singing songs, playing games, and having fun. Includes 2 parents/1 child under 3. \$77 materials fee due instructor at first class.

173115-01	\$55.00	
Th	9/4-10/9	9:30A-10:15A
173115-02	\$55.00	
Th	10/23-12/4	9:30A-10:15A

### **BABYSIGNS: MORE SIGN, SAY,& PLAY**

(Ages 3 mos-3 yrs) Learn add 1 signs beyond SSP. Includes 2 parents/1 child under 3. \$77 materials fee due instructor at first class.

**173116-01** \$55.00 Th 10/23-12/4 10:30A-11:15A

# **BABYSIGNS: PARENT WORKSHOP**

(Ages 18 & up) Teaches both parents how to talk with your baby before your baby can talk. \$38.50 materials fee due at workshop.

\$11.50	-
9/6-9/6	10:00A-12:00P
\$11.50	
11/8-11/8	10:00A-12:00P
	9/6-9/6 \$11.50

172521 01

Tu.Th

# 571-258-3600

# **ARTS & CRAFTS PROGRAMS**

All ABRAKADOODLE classes: \$12 material fee payable to instructor at first class.

### ABRAKADOODLE: 2ZIES

Sa

(Ages 20-36mos) Children use creative art materials; paints, textures, papers, glues and modeling compounds.

173117-01 \$120.00 Th 9/11-10/30 11:00A-11:45A 173117-02 \$120.00

# 9/13-11/1 ABRAKADOODLE: MINI DOODLERS

9:00A-9:45A

(Ages 3-6) Ignite the imagination, foster creativity and develop new skills with paints, watercolors, pastels, and other creative tools and materials.

173118-01 \$120.00 Th 9/11-10/30 12:00P-12:45P 173118-02 \$120.00 9/13-11/1 Sa 10:00A-10:45A

# ABRAKADOODLE: DOODLERS

(Ages 6-12) See above description for Mini Doodlers.

173119-01 \$120.00 9/11-10/30 Th 5:00P-5:45P 173119-02 \$120.00 9/13-11/1 11:00A-11:45A Sa

### PRESCHOOL CRAFTS

Ages (3-5) Features a new seasonal or educational topic each week with arts & crafts and

173130-01 \$50.00

Tu 9/9-10/7 11:00A-12:00P

### PUPPET FUN WITH FABLES

(Ages 3-5) Children bring to life their favorite fables by designing and making their own puppet, along with designing a stage and putting on a show for all to see!

173132-01 \$60.00

10/24-12/5 11:00A-12:00P

### BE SEWING FOR HOMESCHOOLERS

(Ages 7-14) Girls and boys learn basic sewing techniques, including cutting out fabrics and patterns and operating a sewing machine. Bring your own machine. \$10 supply fee is payable to instructor at the first class.

173228-01	\$50.00	
W	9/10-10/1	1:45P-3:15P
173228-02	\$50.00	
W	10/8-10/29	1:45P-3:15P
173228-03	\$50.00	
W	11/12-12/10	1:45P-3:15P

### DECORATIVE PAINTING

(Ages 18 & up) Learn general decorative painting techniques to help you with your own home project. \$20 supply fee payable to instructor at the first class.

173526-01 \$45.00 9/16-10/7 7:30P-9:00P 173526-02 \$45.00 10/21-11/11 Tu 7:30P-9:00P

### MAKE IT YOUR HOME

(Ages 18 & up) Learn basic sewing techniques while making two pillows, an apron, a table runner and a valance. Bring your own machine. \$20 supply fee is payable to instructor at first class.

173527-01	\$65.00	
W	9/10-10/1	10:30A-12:30P
173527-02	\$65.00	
W	10/8-11/5	10:30A-12:30P
173527-03	\$65.00	
W	11/12-12/10	10:30A-12:30P

### SEW AND FIT

(Ages 18 & up) Teaches basic sewing techniques like choosing a pattern and fabric, cutting fabric and using a sewing machine. Learn how to fit patterns and make minor alterations. \$10 supply fee is payable to instructor at the first class...

+...

173528-01	\$100.00	
W	9/10-10/1	7:00P-9:00P
173528-02	\$100.00	
W	10/8-11/5	7:00P-9:00P
173528-03	\$100.00	
W	11/12-12/10	7:00P-9:00P

# **HERITAGE FARM MUSEUM**

21668 Heritage Farm Lane Sterling, VA 20164

571-258-3800

www.loudoun.gov/prcs/lhfm www.heritagefarmmuseum.org Tu-Sa 10A-5P, Su 12P-5P

Admission: \$5/Adults, \$4/Seniors, \$3/Children 2-12\*

\*Ask about our Annual Pass Program

Plant a seed in your young farmer's imagination and watch it grow. Meet Milkie the Cow, travel back in time to the Waxpool General Store, and be a farmer for a day. Reap the rewards of time well spent.

# **EXHIBITS**

# IT'S JUST A WAY OF LIFE

Permanent Exhibit

Travel through time to meet the 10 genera-

# **HERITAGE FARM MUSEUM**

tions of Loudoun County residents that built this county and left their mark on the land. Exhibit supports the Standards of Learning for

### CLAUDE MOORE CHILDREN'S FARM

Permanent Exhibit

Interactive exhibit area for children and their families. Milk our life-like cow, collect eggs from the play chickens, and be a farmer for a

# WAXPOOL GENERAL STORE

Permanent Exhibit

The Waxpool General Store has been preserved as a time capsule of days gone by. Tour the store and play shopkeeper, shopper, or postmaster. Collections tours and research available by appointment.

# THE ART COOP: A GALLERY SPACE

Changing Exhibit

Visit "The Coop" for changing exhibits of works by area artists. Juried by the HFM Art Advisory Subcommittee. Call for schedule or to submit proposals.

### **SPECIAL PROGRAMS**

### **BIRTHDAY PARTIES**

(All ages) Basic party package includes museum admissions passes, cabin rental, and gift bags for party participants. Story time, craft time and programs available on request. Additional fees may apply. Call to schedule. \$125 basic package

## MAD FARMER'S TEA PARTY

(All ages) Adults enjoy complimentary tea, coffee and snacks while kids play in our children's area. Story time by request. Cosponsored by the Sterling Public Library and the Sterling Teen Club. Free with paid admission; minimum fees apply. For groups by reservation only.

\$5.00/adult; \$3.00/child

## **VOLUNTEER OPPORTUNITIES**

(Ages 14 & up) Volunteers assist with exhibits, collections, educational programs, and customer service. If you are older than 14, dependable, flexible, and have a desire to be part of our team, give us a call.

# **GUEST CURATOR**

(Ages 14 & up) Complete a unique project with your class or community organization by creating a museum exhibit under the guidance of our professional curatorial staff.

# **FACILITY RENTALS**

The gallery and educational spaces are avail-

able to rent for your next family event, office party, or community group meeting. Call for fees and availability.

### SHOP LOUDOUN

The Museum gift shop specializes in Virginia's Finest Label products and locally-made items. Browse a selection of food, books, natural products, and selected educational toys. Open during regular Museum hours.

### **TEEN PROGRAMS**

# MUSEUM APPRENTICE PROGRAM

(Ages 14-18) Explore different aspects of the museum profession while you gain valuable work experience and build your resume.

# **SCOUT PROGRAMS**

Let our staff lead your scouts through the requirements for badges, patches, and achievements. Interactive, hands-on, supplemental material included. Programs last approximately one hour. Leaders must accompany troops. Minimum fees apply. Badge available for an additional charge. Call to schedule, registration required.

### BROWNIES-LISTENING TO THE PAST

(Grades 1-3) Learn how children lived a long time ago. Document your own life and practice listening to histories of your friends and family to create an oral history.

### **BROWNIES-PENNY POWER TRY IT**

(Grades 1-3) Start now and learn the basics of managing money. Class utilizes the Waxpool General Store and children's play area. Includes a visit to the gift shop and a takehome treat.

\$5.00/Scout

### **BROWNIES-PLANTS TRY IT**

(Grades 1-3) Be a scientist for a day as we explore, observe, create, measure, and document. Includes a short tour of the Museum gallery and two hands-on experiments.

\$5.00/Scout

# JRGS LOCAL LORE BADGE

(Grades 4-6) Read all about it, sing someone's praises, practice word of mouth, focus on the future, tour your community, and take pride in your heritage. Use our Local Lore packet to complete the six requirements.

\$5.00/Scout

# SRGS INTEREST PROJECT-WOMEN THROUGH TIME

(Grades 6-8) Complete Skills Builders,

Technology, Service Projects, and Career Exploration projects with our qualified staff. \$5.00/Scout

# TIGER CUB ACHIEVEMENT-MAKING MY FAMILY SPECIAL

(Grades 1-2). Discover how family life many years ago compares to family life today. Play games of the past, practice chores, and start a scrapbook to help preserve your own history. \$5.00/Scout

# BEAR CUB ACHIEVEMENT-WHAT MAKES AMERICA SPECIAL?

(Grades 3-5) Learn what it means to be a good citizen and how ordinary people serve their country every day. Practice the flag ceremony and participate in activities to build your community.

\$5.00/Scout

### EAGLE SCOUT PROJECT

(Grades 9-12) Looking for a unique Eagle Scout project? Interested in local history? Contact the Heritage Farm Museum! We can work with you to develop a project to meet your needs.

\$5.00/Scout

# SCHOOL PROGRAMS AND TOURS

Our exhibits support the Virginia Standards of Learning and can accommodate studies in science, technology, history, and social sciences. Programs last approximately one hour. Chaperones required and minimum fees apply. Call to schedule, registration required.

# FARMIN' FEVER

(Grades pre-K-K) Learn about farm life, visit the Waxpool General Store, and explore in the children's hands-on area.

\$3.50/student

# WEIGHTS AND MEASURES

(Grades pre-K-K) Learn about volume and weight and relative measures in this interactive class for early learners. Includes a gallery visit and a potato sack race!

\$3.50/student

### VOTE!

(Grades pre-K-K) The Waxpool General Store was a polling place 100 years ago. Visit the store to practice the basics of voting and good citizenship.

\$3.50/student

### APPLES, APPLES, EVERYWHERE

(Grades pre-K-2) Explore the wonders of the

apple through songs, games, and hands-on activities. Press apples into cider during your visit to our historic barn.

\$5.00/student

### WHO'S A FARMER?

(Grades 1-3) Meet farmers past and present. Learn about Loudoun's agricultural products and Northern Virginia's agricultural history in the SOL-based program.

\$3.50/student

### TIME FOR CHANGE

(Grades 1-3) Travel back to 1909 and visit the Waxpool General Store. Shop for your family's groceries using Mr. Munday's original price lists. Apply your knowledge of money in a real-life challenge in our gift shop. Includes take-home treat.

\$5.00/student

### PLANT IT!

(Grades 1-4) Be a scientist for a day in this unique interactive program all about plants. Explore, observe, and experiment in our gallery. Extend your class with take-home projects we provide.

\$5.00/student

### SIMPLE MACHINES

(Grades 3-5) Tour our gallery to discover applications of simple machines on the farm and apply your knowledge to a hands-on engineering project. Perfect review or introduction for simple machines classroom study.

\$3.50/student

# HISTORY HOUNDS: BACK TO WAXPOOL

(Grades 4-5) Be a history detective! Travel back in time to Waxpool, VA in 1909. Learn about residents of the area. Assume one of their identities and learn what your life would have been like 100 years ago!

\$3.50/student

### FARMERS AS SCIENTISTS

(Grades 4-5) Farmers apply scientific knowledge to agriculture to improve production. Explore 250 years of agriculture in Virginia to meet important farmer scientists and learn about scientific discoveries of the past that impact our lives today.

\$3.50/student

# HANDS ON HISTORY

(Grades 4-6) Learn the fundamentals of archaeology, history, and museum practice. Includes behind-the-scenes tour and work with real objects from our collection. Can be adapted for home school programs or scout groups. \$3.50/student

# DOUGLASS COMMUNITY CENTER

405 East Market Street Leesburg, VA 20176 **703-771-5913** 

M-F 7:00A-10:00P Sa 8:00A-4:00P

Supply and material fees are payable to the instructor at the first class.

All Creative Dance Center Classes are held at 44710 Cape Court in Ashburn. \$15 new student registration fee due at first class.

# TODDLER & PRESCHOOL AGE PROGRAMS

# ABRAKADOODLE-TWOOSY DOODLERS

(Ages 20-36mos) Have fun and acquire new skills using paints, textures, papers, glue and modeling compounds. No class 11/28.

104110-01	\$60.00	
F	9/5-9/26	9:30A-10:15A
104110-02	\$60.00	
F	10/10-10/31	9:30A-10:15A
104110-03	\$60.00	
F	11/7-12/5	9:30A-10:15A

### ABRAKADOODLE MINI DOODLERS

(Ages 3-5) Create your own unique masterpieces with paints, water-colors, pastels, and other creative tools and materials. No class 11/28.

\$60.00	
9/5-9/26	10:45A-11:30A
\$60.00	
10/10-10/31	10:45A-11:30A
\$60.00	
11/7-12/5	10:45A-11:30A
	9/5-9/26 \$60.00 10/10-10/31 \$60.00

# FRANTIC FRIDAY

(Ages 3-5) Come on in for lunch and an activity. This is a great extension to your preschooler's day. Bring lunch.

104114-01	\$40.00	
F	9/5-9/26	11:15A-12:30P
104114-02	\$50.00	
F	10/3-10/31	11:15A-12:30P
104114-03	\$30.00	
F	11/7-11/21	11:15A-12:30P
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### 1ST KICKS

(Ages 3-4) A fun introduction to the basics of soccer taught by Challenger Sports' British Soccer instructor. Bring a soccer ball.

104101-01	\$90.00	
F	9/5-10/24	3:30P- 4:30P

# RUN, RUN, RUN

(Ages 2-3) Outdoor relay races and obstacle courses are sure to tire your little ones out. No class 10/13.

104123-01	\$12.00	
M	9/8-9/22	9:30A-10:00A
104123-02	\$8.00	
M	10/6-10/20	9:30A-10:00A

### **LUNCH BUDDIES**

(Ages 3-5) Have lunch with us, then enjoy a craft, activity, or a movie. Bring a lunch. No class 10/13.

104107-01	\$40.00	
M	9/8-9/29	11:15A-12:30P
104107-02	\$30.00	
M	10/6-10/27	11:15A-12:30P
104107-03	\$30.00	
M	11/10-11/24	11:15A-12:30P

# BROADWAY BABIES: CREATIVE TAP AND TUMBLE

(Ages 2-3) Black leotards, pink tights, pink ballet shoes, black patent leather tap shoes.

<b>Location:</b>	<b>Creative Dance</b>	Center, Ashburn
104112-01	\$112.00	
Tu	9/9-10/28	11:15A-12:00P
104112-02	\$112.00	
Th	9/11-10/30	10:30A-11:15A

## PRE-PRINCESS BALLET

(Ages 3-4) Incorporates Princess stories and costumes! Pink leotards, pink tights and pink ballet shoes.

Location:	<b>Creative Dance</b>	Center, Ashburn
104113-01	\$112.00	
Tu	9/9-10/28	5:30P- 6:15P

# OUTDOOR ART AT TRAILSIDE PARK

(Ages 2-3) Create wonderful masterpieces at the park.

# Location: Trailside Park, Ashburn

104108-01	\$4.00	Sunflower Mania
W	9/10-9/10	4:15P- 4:45P
104108-02	\$4.00	Down on the Farm
W	9/17-9/17	4:15P- 4:45P
104108-03	\$4.00	Stained Glass
W	9/24-9/24	4:15P- 4:45P
104108-04	\$4.00	Fall Tastic
W	10/1-10/1	4:15P- 4:45P
104108-05	\$4.00	Itsy, Bitsy Spider
W	10/8-10/8	4:15P- 4:45P
104108-06	\$4.00 Pu	mpkins Everywhere
W	10/15-10/1	15 4:15P- 4:45P

# TRIKE RIDERS

(Ages 3-5) Drop in and ride around on our inline hockey rink, known as the DCC

Speedway! Bring a helmet. Tricycles are provided

104109-01	\$12.00	
W	9/10-9/24	10:15A-10:45A
104109-02	\$12.00	
W	10/1-10/15	10:15A-10:45A

### CREATIVE DANCE FIT KIDS

(Ages 3½-5) Incorporates fitness, fun & tumbling.

Location:	<b>Creative Dance</b>	Center, Ashburn
104119-01	\$100.00	
W	9/10-10/29	10:45A-11:15A

### **CREATIVE DANCE**

(Age 3) Incorporates creative movement, preballet & tumbling. Pink leotards, pink tights and pink ballet shoes.

Location:	<b>Creative Dance</b>	Center, Ashburn
104115-01	\$112.00	
W	9/10-10/29	11:15A-12:00P

### RUN, RUN, RUN AT TRAILSIDE PARK

(Ages 2-3) Outdoor relay races and obstacle courses will tire your little ones out...in a good way!

Location: Trailside Park, Ashburn		
104126-01	\$5.00	
W	9/10-9/10	3:30P- 4:00P
104126-02	\$5.00	
W	9/17-9/17	3:30P- 4:00P
104126-03	\$5.00	
W	9/24-9/24	3:30P- 4:00P
104126-04	\$5.00	
W	10/1-10/1	3:30P- 4:00P
104126-05	\$5.00	
W	10/8-10/8	3:30P- 4:00P
104126-06	\$5.00	
W	10/15-10/15	3:30P- 4:00P

### YOU AND ME

(Age 2 w/adult) Fun with movement & tumbling using music and props. Sneakers, and comfortable clothing recommended.

Location:	Creative Dance	Center, Ashburn
104116-01	\$100.00	
Th	9/11-11/6	11:30A-12:00P

# LIL' STAINED GLASS WINDOWS

(Ages 18-24mos) Create your very own stained glass window to display in your house.

grass window	to dispidy in je	our mouse.
104127-01	Free	
F	9/12-9/12	9:45A-10:15A

### MINI JAZZ/POM

(Ages 4-5) Black leotards, tank tights, tan jazz shoes.

**Location: Creative Dance Center, Ashburn** 

104120-01	\$112.00	
F	9/12-11/7	10:00A-10:45A

### STAINED GLASS WINDOWS

(Ages 2-3) Create your very own stained glass window to display in your house.

104128-01 Free class

9/12-9/12 10:30A-11:00A

### MINI JAZZ/POM (4-6)

(Ages 4-6) Black leotards, tank tights, tan jazz

**Location: Creative Dance Center, Ashburn** 

104121-01 \$125.00 9/12-11/7 12:15P-1:15P

# **BIG STAINED GLASS WINDOWS**

(Ages 3-5) Create your very own stained glass window to display in your house.

104129-01 Free class

9/12-9/12 1:45P-2:30P

### **CREATIVE TAP & TUMBLE**

(Ages 3-4) Black leotards, pink tights, pink ballet shoes, black patent leather tap shoes.

**Location: Creative Dance Center, Ashburn** 

104118-01 \$112.00

F 9/12-11/7 5:30P-6:15P

# DIWALI (SAND AND FLOWER ART)

(Ages 3-5) Create this magnificent masterpiece.

104130-01 \$8.00

Tu 9/16-9/16 10:00A-11:00A

# MY ALPHABET

(Ages 2-3) Join us as we learn about the alphabet through stories, games and other hands on learning.

104131-01 \$8.00

9/17-9/24 9:30A-10:00A

### PRESCHOOL SPORTS AT TRAILSIDE **PARK**

(Ages 4-6) Welcome to the wide world of sports with a different sport each session.

### Location: Trailside Park, Ashburn

104105-01	\$4.00	Soccer
M	9/22-9/22	5:00P- 5:30P
104105-02	\$4.00	Football
M	10/6-10/6	5:00P- 5:30P
104105-03	\$4.00	T-Ball
M	10/27-10/27	5:00P- 5:30P

### IT'S ALL IN THE GAME

(Walking - 24mos) Walk, crawl, jump, run, play games and explore different sports. Parent participation.

104102-01	\$16.00	
Tu	9/23-10/14	9:15A- 9:45A
104102-02	\$16.00	
Tu	10/28-11/18	9:15A- 9:45A

### **GYM JAM**

(Ages 2-3) You both will love this fun introduction to sports related activities emphasizing team play and group interaction. Parent participation.

104104-01 \$16.00 9/24-10/15 9:15A-9:45A 104104-02 \$16.00 W 10/29-11/19 9:15A-9:45A

### SIGN, SAY AND PLAY

(Ages 6mos-3yrs) Designed for parents and children. Interactive play class highlights signs that are most important in babies' lives. No class 10/15.

104106-01 \$55.00 (+\$77 materials) 9/24-11/5 5:15P-6:00P

### MY LITTLE FALL TREE

(Ages 18-24mos) Learn about Fall and use your hands to paint this one of a kind tree.

104132-01 \$4.00

9/25-9/25 Th 10:45A-11:15A

# FIT KIDS HOCKEY

(Age 3-5) Learn the basic skills of hockey while developing motor skills, cognitive abilities, social interactions and relationships.

104117-01	\$35.00	Age 3
Th	9/25-10/16	3:30P- 4:00P
104117-02	\$45.00	Ages 4-5
Th	9/25-10/16	4:15P-5:00P

### **CUDDLE BUGS PLAYGROUP**

(Ages 6-18mos) A great way for kids and parents to meet new friends. Advance registration is required.

104100-01	Free	
F	9/26-9/26	8:00A- 9:00A
104100-02	Free	
F	10/10-10/10	8:00A- 9:00A
104100-03	Free	
F	10/24-10/24	8:00A- 9:00A
104100-04	Free	
F	11/7-11/7	8:00A- 9:00A
104100-05	Free	
F	11/21-11/21	8:00A- 9:00A

### DOWN ON THE FARM

(Ages 18-36mos) Have an E-I-E-I-O of a time with crafts and activities. Parent participation required.

104122-01 \$4.00

M 9/29-9/29 10:00A-10:30A

### SPORTS MANIA

(Ages 3-5) Our instructor will introduce your child to a different sport each week.

104103-01	\$4.00	Basketball
M	9/29-9/29	3:30P- 4:00P
104103-02	\$4.00	Basketball
Sa	10/11-10/11	3:30P- 4:00P
104103-03	\$4.00	Hockey
M	10/20-10/20	3:30P- 4:00P
104103-04	\$4.00	Soccer
Sa	11/8-11/8	3:30P- 4:00P
104103-05	\$4.00	T-Ball
M	11/17-11/17	3:30P- 4:00P

### **MY NUMBERS**

(Ages 2-3) Stories, games and interaction make this class fun and educational.

104133-01 \$8.00

10/1-10/8 9:30A-10:00A

### WHAT SHAPE? WHAT COLOR?

(Ages 18-36mos) Come with your little one to learn about shapes and colors.

104136-01 \$8.00

W 10/15-10/22 9:30A-10:00A

### **SCARECROWS**

(Ages 3-5) Welcome the Fall season by making a scarecrow.

104137-01 \$4.00

Th 10/16-10/16 10:00A-10:30A

# **LEAF CRITTERS**

(Ages 2-3) Let's go for a walk and collect some leaves and then turn them into a critter.

104138-01

F 10/17-10/17 11:00A-11:30A

### BIODEGRADABLE BIRDFEEDERS

(Ages 3-5) Join us as we make a tasty treat for our friends that are not flying south for winter.

104139-01

F 10/17-10/17 3:30P-4:00P

## MY FALL TREE

(Ages 3-5) Create an autumn masterpiece that is one of a kind.

104140-01

M 10/20-10/20 11:30A-12:45P

### TREES OF FALL

(Ages 3-5) Come and join us as we talk about Fall and create a work of art.

104141-01

Tu 10/21-10/21 10:30A-11:30A

## TRICKS AND TREATS

(Ages 3-5) Design and create a unique treat bag and a Halloween mask!

### **DOUGLASS COMMUNITY CENTER**

**104124-01** \$6.00

M 10/27-10/27 11:30A-12:15P

### NATURE COLLAGE

(Ages 2-3) Let's go for a walk and collect some items and create a collage to take home.

**104143-01** \$4.00

Tu 10/28-10/28 10:00A-10:30A

### HALLOWEEN CRAFT

(Ages 2-3) Join us in creating an exciting Halloween craft.

**104145-01** \$4.00

W 10/29-10/29 9:30A-10:00A

### ALONG CAME A SPIDER

(Ages 18-36mos) Discover the world of these creepy crawlies through activities and a craft.

**104125-01** \$4.00

Th 10/30-10/30 11:00A-11:30A

### **SLIMY BOWLS**

(Ages 3-5) Turn a pumpkin into a slimy bowl to take home.

**104148-01** \$10.00

Th 10/30-10/30 3:00P- 4:00P

### FIT KIDS T-BALL

(Age 3-5) Introduces kids to the basics: hitting, stance, fielding, throwing. Bring a drink.

104142-01	\$35.00	Age 3
Th	10/30-11/20	3:30P- 4:00P
104142-02	\$45.00	Ages 4-5
Th	10/30-11/20	4:15P- 5:00P

### LIL' TOM THE TURKEY

(Ages 18-24mos) Come in and make a very unique turkey.

**104134-01** \$4.00

**J4134-U1** \$4.00

M 11/10-11/10 9:15A- 9:45A

# TOM THE TURKEY

(Ages 3-5) Making turkeys is fu!

**104149-01** \$4.00

Tu 11/11-11/11 9:15A- 9:45A

# LEARN AND CREATE

(Ages 2-3) Learn about Thanksgiving through the use of games, stories and hands on learning.

**104150-01** \$8.00

W 11/12-11/19 9:30A-10:00A

### WILD TURKEYS

(Ages 3-5) Make a colorful turkey to take home and display.

**104135-01** \$6.00

F 11/14-11/14 10:15A-11:00A

### **OPEN GYM**

(Ages 2-5) Enjoy scooters, balls, the balance beam, tunnels and much more in our huge gymnasium.

**104152-01** \$1.00

Tu on-going 3:30P- 4:30P

# **ELEMENTARY AGE PROGRAMS**

### ABRAKADOODLE-DOODLERS

(Ages 6-13) Lessons designed to ignite the imagination, foster creativity and develop new skills with paints, water-colors, pastels, and other materials. No class 11/28.

104211-01	\$60.00	
F	9/5-9/26	4:00P- 4:45P
104211-02	\$60.00	
F	10/10-10/31	4:00P- 4:45P
104211-03	\$60.00	
F	11/7-12/5	4:00P- 4:45P

### MINI SOCCER

(Ages 5-6) Games, competitions, skill-building activities and small-sided games taught by Challenger Sports' British Soccer. Bring a soccer ball.

**104201-01** \$110.00

F 9/5-10/24 4:45P- 6:00P

# PLAYER DEVELOPMENT SOCCER

(Ages 7-10) Emphasis on individual skill development, fundamental tactics, goal scoring and scrimmages. Taught by Challenger Sports' British Soccer. Bring a soccer ball.

**104207-01** \$130.00

F 9/5-10/24 6:15P-7:45P

# JAZZ/HIP HOP DANCE

(Ages 5-12) Dance technique to popular music. Leotards, tights, jazz shoes.

<b>Location: Creative Dance Center, Ashburn</b>			
104208-01	\$125.00	Ages 5-7	
Sa	9/6-11/1	9:30A-10:30A	
104208-02	\$125.00	Ages 6-8	
F	9/12-11/7	6:15P- 7:15P	
104208-03	\$125.00	Ages 8-10	
Sa	9/6-11/1	1:15P- 2:15P	
104208-04	\$125.00	Ages 9-12	
F	9/12-11/7	5:00P- 6:30P	

### BALLET/JAZZ

(Ages 5-7) Black leotards, pink tights, pink or black ballet shoes and black tap shoes.

Location: Creative Dance Center, Ashburn 104210-01 \$125.00

Sa 9/6-11/1 11:00A-12:00P

### MUSICAL THEATER/JAZZ/TAP DANCE

(Age 7 & up) Leotards, tights, jazz shoes and tap shoes.

Location:	Creative Dance	Center, Ashburn
104212-01	\$185.00	Ages 7-10
Th	9/11-10/30	6:30P- 8:00P
104212-02	\$185.00	Ages 7-10
Sa	9/6-11/1	9:30A-11:00A
104212-03	\$185.00	Ages 11 & up
Sa	9/6-11/1	12:00P- 1:30P

# SKILLS PLUS BASKETBALL CLINIC

(Ages 7-9) Designed for boys and girls to teach fundamental and advanced skills. Includes ball-handling, passing, shooting, rebounding, defense, game situations, and individual competitions. Instructor: Michael Turner.

**104303-01** \$150.00

Th 9/11-10/30 6:00P-7:00P

# SKILLS PLUS GIRLS BASKETBALL CLINIC

(Ages 10-13) See above description. Girls ONLY.

**104304-01** \$150.00

Th 9/11-10/30 7:30P-9:00P

### JAZZ/TAP

(Ages 5-7) Black leotards, pink tights, jazz shoes, black tap shoes.

**Location: Creative Dance Center, Ashburn** 

**104214-01** \$125.00

F 9/12-11/7 9:30A-10:30A

### TAP DANCE

(Ages 7-14) Leotards, tights and tap shoes required.

### **Location: Creative Dance Center, Ashburn** Ages 7-10 104213-01 \$125.00 F 9/12-11/7 4:30P-5:30P \$125.00 104213-02 Ages 8-11 9/9-10/28 4:30P-5:30P Tu 104213-03 \$125.00 Ages 10-14 4:30P-5:30P 9/10-10/29

## ELEMENTARY NINTENDO WII

(Grades K-5) Play Nintendo Wii on our HUGE 125-inch screen. Wii Sports, Super Smash Brothers, and other games available. Bring age appropriate games to share. Registration required.

104206-01	\$1.00	
Sa	9/27-9/27	10:00A-12:00P
104206-02	\$1.00	
Sa	10/11-10/11	10:00A-12:00P
104206-03	\$1.00	
Sa	10/25-10/25	10:00A-12:00P
104206-04	\$1.00	
Sa	11/15-11/15	10:00A-12:00P

### 703-771-5913

### **DULLES SOUTH MULTIPURPOSE CTR.**

# COLUMBUS DAY TRIP CAMP ELEMENTARY

(Grades 1-5) Join us as we travel to the National Geographic Society Museum.

**104204-01** \$38.00

M 10/13-10/13 7:00A- 6:00P

## **ELEMENTARY TRIP CAMP**

(Grades 1-5) Join us for an invigorating hike at one of our local mountains on Monday. Take a dip at an indoor swim facility on Tuesday.

**104209-01** \$70.00

M. Tu 11/3-11/4 7:00A-6:00P

### THANKSGIVING HOLIDAY TRIP CAMP

(Grades 1-5) We will enjoy a pizza lunch and then go to the movies. Bring a drink.

**104215-01** \$38.00

W 11/26-11/26 7:00A-6:00P

# MIDDLE & HIGH SCHOOL AGE PROGRAMS

### MIDDLE SCHOOL NINTENDO WII

(Grades 6-8) See description above for Grades K-5. Registration required.

104301-01	\$1.00	
Sa	9/27-9/27	12:00A- 2:00P
104301-02	\$1.00	
Sa	10/11-10/11	12:00P- 2:00P
104301-03	\$1.00	
Sa	10/25-10/25	12:00P- 2:00P
104301-04	\$1.00	
Sa	11/15-11/15	12:00P- 2:00P

# HIGH SCHOOL NINTENDO WII

(Grades 9-12) See description above for Grades K-5. Registration required.

104302-01	\$1.00	
Sa	9/27-9/27	2:00P- 4:00P
104302-02	\$1.00	
Sa	10/11-10/11	2:00P- 4:00P
104302-03	\$1.00	
Sa	10/25-10/25	2:00P- 4:00P
104302-04	\$1.00	
Sa	11/15-11/15	2:00P- 4:00P

# COLUMBUS DAY TRIP CAMP MIDDLE SCHOOL

(Grades 6-8) Join us as we travel to the National Geographic Society Museum.

**104306-01** \$38.00

M 10/13-10/13 7:00A-6:00P

# MIDDLE SCHOOL TRIP CAMP

(Grades 6-8) See description above for Grades 1-5.

**104307-01** \$70.00

M, Tu 11/3-11/4 7:00A-6:00P

# THANKSGIVING MIDDLE SCHOOL TRIP CAMP

(Grades 6-8) See description above for Grades 1-5.

**104315-01** \$38.00

W 11/26-11/26 7:00A-6:00P

# **ADULT PROGRAMS**

### VOLLEYBALL

(Ages 18 & up) Open recreational play.

Pay at door \$2.00

Tu on-going 7:00P-9:45P

### **BASKETBALL**

(Ages 18 & up) Open recreational play.

Pay at door \$2.00

W on-going 6:30P-8:30P

### 30 & OVER BASKETBALL

(Ages 30 & up) Open recreational play.

Pay at door \$2.00

M on-going 4:30P-7:30P

### BALLROOM DANCING

(Age 18 & up) American style ballroom and social dancing. Comfortable clothes and non-marking shoes.

# Location: Creative Dance Center, Ashburn104501-01\$120.00CouplesSa9/6-10/116:30P-7:30P104501-02\$95.00SinglesSa9/6-10/116:30P-7:30P

### ADULT JAZZ

(Age 18 & up) Comfortable dance attire and jazz shoes.

**Location: Creative Dance Center, Ashburn 104502-01** \$125.00

M 9/8-10/27 8:30P-9:30P

### ADULT TAP

(Age 18 & up) Comfortable dance attire and tap shoes.

**Location: Creative Dance Center, Ashburn 104503-01** \$125.00

W 9/10-10/29 8:30P- 9:30P

# ADULT JAZZ/HIP HOP

(Age 18 & up) Comfortable dance attire and jazz shoes or dance sneakers.

**Location: Creative Dance Center, Ashburn** 

**104504-01** \$125.00

Th 9/11-10/30 7:30P- 8:30P

# DULLES SOUTH MULTIPURPOSE CENTER

24950 Riding Center Drive South Riding, VA 20152 **571-258-3456** 

M, F 7:00A-6:30P Tu-Th 7:00A-9:00P Sa 8:00A-2:00P

# **PRESCHOOL AGE PROGRAMS**

### TINY TOT TUMBLERS

(Ages walking- 36 mos) Parents, join your toddlers in this fun filled beginning tumbling class.

105101-01	\$21.00	
Tu	9/9-9/23	10:00A-10:30A
105101-02	\$21.00	
Tu	9/9-9/23	10:30A-11:00A
105101-03	\$21.00	
F	10/10-10/24	10:00A-10:30A
105101-04	\$21.00	
F	10/10-10/24	10:30A-11:00A

# WORLD OF SOCCER

(Ages 3-5) Learn the basics of soccer such as passing, shooting, and dribbling.

**105108-01** \$24.00

Tu 9/9-9/23 1:00P-1:45P

# WORLD OF TEE BALL

(Ages 3-5) Let your little ones learn the fundamentals of tee ball.

**105119-01** \$24.00

W 9/10-9/24 1:00P-1:45P

# HIP HOP FOR PRESCHOOLERS

(Ages 3-5) Come and have fun and learn some great new steps!

**105117-01** \$24.00 W 9/10-9/24 1:00P-1:45P **105117-02** \$24.00 Th 10/9-10/23 1:00P-1:45P

# FOOTBALL FEVER

(Ages 3-5) Bring your little ones to the gridiron.

**105113-01** \$24.00

Th 9/11-9/25 1:00P-1:45P

# PHYSICAL FUN

(Ages 3-5) Your child will have fun with sports, dance, games and more while staying active and having a blast.

**105111-01** \$24.00

F 9/12-9/26 1:00P-1:45P

### PRINCESS TEA PARTY

(Ages 3-5) Wear your princess dress and join us for lunch/snack and juice/tea! Don't forget to take home your goody bag!

105116-01	\$12.00	
M	9/22-9/22	1:00P-1:45P
105116-02	\$12.00	
M	9/29-9/29	1:00P-1:45P

### ANIMAL ABC'S

105112 01

(Ages 3-5) Learn about your favorite animals through books, music, crafts and more. No class on 10/13.

105112-01	\$24.00	
M	10/6-10/27	1:00P-1:45P

### WORLD OF BASKETBALL

(Ages 3-5) Let your little ones learn the fundamentals of basketball.

105124-01	\$40.00	
Tu	10/7-11/11	1:00P-1:45P
105124-02	\$24.00	
F	10/10-10/24	1:00P-1:45P

### YOGA/BODY MOVEMENT

(Ages 3-5) Your child will wake up their body and brain with some really fun yoga and body movement exercises. A healthy snack will be provided.

105106-01	\$12.00	
W	10/8-10/22	8:00A-8:30A
105106-02	\$12.00	
W	10/8-10/22	8:30A-9:00A
105106-03	\$12.00	
W,Th	10/9-10/23	8:00A-8:30A
105106-04	\$12.00	
Th	10/9-10/23	8:30A-9:00A
105106-05	\$12.00	
W	11/5-11/19	8:00A-8:30A
105106-06	\$12.00	
W	11/5-11/19	8:30A-9:00A
105106-07	\$12.00	
Th	11/6-11/20	8:00A-8:30A
105106-08	\$12.00	
Th	11/6-11/20	8:30A-9:00A

# PLAYGROUND GAMES

(Ages 3-5) Learn the classic games, such as kick ball, four square, freeze tag, wiffle ball and more.

105123-01	\$24.00	
W	10/8-10/22	1:00P-1:45P

# SPORTS MADNESS MANIA

(Ages 3-5) Learn a new sport each class.

105110-01 \$24.00

Th 10/9-10/23 1:00P-1:45P

105110-02	\$24.00	
F	11/7-11/21	1:00P-1:45P

# **ACTING OUT!**

(Ages 3-5) Experience the excitement of acting out a story and learn to creatively express yourself.

105133-01	\$24.00	
F	10/10-10/24	1:00P-1:45I

### PARTYIN' PIRATES

(Ages 3-5) Join our crew for tons of treasures and activities!! Snack and juice included. Don't forget your goodies at the end of class.

105118-01	\$12.00	
Tu	10/14-10/14	1:00P-1:45P

### MIGHTY MINI TUMBLERS

(Ages 3-5) Learn the basics of tumbling skills in preparation for gymnastics. Skills may include the beam, floor, and more.

105100-01	\$24.00	
W	11/5-11/19	1:00P-1:45P

### WORLD OF HOCKEY

(Ages 3-5) Let your little ones learn the fundamentals of hockey.

105122-01	\$24.00	
Th	11/6-11/20	1:00P-1:45P

## YOUTH PROGRAMS

### DODGEBALL MANIA

(Ages 10-13) Come play dodge ball with all of your friends. Enjoy the old favorites and learn some new dodge ball games.

105301-01	\$36.00	
Th	9/4-9/18	4:30P-5:30P

# CHESS AND CHECKERS CLUB

(Ages 6-11) Learn or improve your chess or checkers skills. Class meets every other Tuesday.

105200-01	\$14.00	
Tu	9/9-11/18	5:00P-6:00P

# **GYMNASTIC FUN**

(Ages 6-10) Learn the fundamentals of gymnastic including balance beam, floor, tumbling, and more.

105204-01	\$24.00	
W	9/10-9/24	4:00P-4:45P

### LACING LANYARDS

(Ages 9-12) Come create colorful plastic lace key chains, and back pack decorations!!

105226-01	\$10.00	
W	9/10-9/10	5:00P-6:00

105226-02	\$10.00	
Th	10/9-10/9	5:00P-6:00P

### CAPTURE THE FLAG

(Ages 10 - 14) Get a group of friends and enjoy this all time favorite.

105300-01	\$5.00	
F	9/12-9/12	4:30P-5:30P
105300-02	\$5.00	
W	10/15-10/15	4:30P-5:30P

### **FUN WITH FITNESS**

(Ages 6-10) This class will introduce your child to basic nutrition and fitness. They will be stretching, running, walking, using stretch bands.

105222-01	\$35.00	
W	10/8-10/22	4:00P-5:00P

### SPORTS MADNESS MANIA

(Ages 6-11) Have fun playing a different sports each week such as basketball, dodge ball, and more.

105205-01	\$36.00	
Th	10/9-10/23	4:00P-5:00F

### HIKE WOLF ROCK

405000 04

(Ages 6-14) Grab your hiking gear and get ready for one of the best hikes in the area in the Catoctin Mountains.

105902-01 \$30.00	)
M 10/13-	-10/13 7:30A-6:00P

## HIKE SHENANDOAH

(Ages 6-14) Grab your hiking gear for one of the most beautiful hikes in the area in Shenandoah. 105045 01

105945-01	\$30.00	
M	11/3-11/3	7:30A-6:00P

### HIKE SUGARLOAF

105046-01

Th

(Ages 6-14) Grab your hiking gear for one of the most fun hikes in the area at Sugarloaf Mountain.

105940-01	\$30.00	
Tu	11/4-11/4	7:30A-6:00P

# **ADULT PROGRAMS**

# WORTH A MILLION WORDS...

(Ages 18 & up) Introducing cheaper and more creative ways to have your photographs speak

for your mem	ories. Bring APPKOPKIALE	
pictures you	vish to preserve.	
105505-01	\$15.00	

# INTRODUCTION TO DECOUPAGE

9/11-9/11

(Ages 18 & up) Learn the basic materials and

5:30P-6:15P

FRANKLIN PARK 540-338-7603

skills of this versatile and beautiful craft that can be used on many surfaces for any sort of project.

**105503-01** \$25.00

Tu 10/28-10/28 6:30P-7:30P

# **SENIOR PROGRAMS**

# DULLES SOUTH SENIOR ACTIVITY CENTER

(Ages 55 & up) For information, look under "Senior Activity Center at Dulles South" in this activity guide, or call 571-258-3883.

# **MULTI-AGE PROGRAMS**

### TRENDY T-SHIRT ART

(All ages) Learn the best ways to create a colorful tie dye t-shirt! Please bring a white cotton shirt to class! AGES 3-5 MUST HAVE A PARENT!

**105702-01** \$15.00

W 9/10-9/10 5:00P-6:00P

### WHAT'S YOUR FRAGRANCE?

(Ages 13 & up) Free your sense of smell and educate yourself with delicious aromas! Mix, try, and buy, if you wish! Come prepared with an optional \$30 materials fee.

an optional \$30	o materiais iee.	
105700-01	\$8.00	
M	9/15-9/15	7:00P-9:00P
105700-02	\$8.00	
M	9/22-9/22	7:00P-9:00P
105700-03	\$8.00	
M	9/29-9/29	7:00P-9:00P
105700-04	\$8.00	
M	10/6-10/6	7:00P-9:00P
105700-05	\$8.00	
M	10/13-10/13	7:00P-9:00P
105700-06	\$8.00	
M	10/20-10/20	7:00P-9:00P
105700-07	\$8.00	
M	10/27-10/27	7:00P-9:00P
105700-08	\$8.00	
M	11/3-11/3	7:00P-9:00P
105700-09	\$8.00	
M	11/10-11/10	7:00P-9:00P
105700-10	\$8.00	
M	11/17-11/17	7:00P-9:00P

## THE GREAT FAMILY CAMP OUT

(All ages) Join us for an evening of camping, fun, and games. Price is per tent site. Children must be accompanied by parents

**105800-01** \$5.00

F,Sa 9/26-9/27 5:00P-11:00A

### HAVING A PARTY?

All of our facilities are available for rent. Call 571-258-3456 for prices and availability!

# FAMILY/GROUP OUTDOOR ADVENTURES

(Ages 5 & up) Looking for something fun to do with your family or group? We can take you on rock climbing, caving, hiking, tubing or kayaking trips. Call 571-258-3456 for more details!

# FRANKLIN PARK

17501 Franklin Park Dr. **540-338-7603** 

Office Hours: M-F 9:00A-5:00P Park Hours: 7:00A to Dusk

# **PRESCHOOL AGE PROGRAMS**

### PEE WEE TENNIS

(Ages 4-5) Learn the very basic skills of tennis such as racquet positions and strokes plus ball handling for your little beginner.

**162100-01** \$16.00

W 9/17-9/24 1:00P-2:00P

# MAMMALS 'R US

(Ages 2-5) Learn about the mammals of the world from mice to humans.

**162101-01** \$8.00

F 9/26-9/26 12:00P-1:00P

### PINT SIZE PLANTERS

(Ages 2-5) Feed a Venus fly trap, take home a dinosaur plant, and learn the secrets of the garden.

**162102-01** \$8.00

F 9/19-9/19 12:00P-1:00P

### LITTLE BIRDWATCHERS

(Ages 2-5) Build a bird feeder and try out some binoculars to see if you can spot the birds at the park.

**162107-01** \$8.00

F 10/3-10/3 12:00P-1:00P

# ADVENTURES IN SCIENCE

(Ages 3-5) Experiment with bubbles, balloons, and food during our adventures in science.

**162111-01** \$8.00

M 10/6-10/6 1:00P-2:00P

# INSECTOPIA

(Ages 2-5) Explore the world of insects.

**162113-01** \$8.00

M 9/8-9/8 1:00P-2:00P

### REALLY COOL RECYCLING

(Ages 2-5) Have fun recycling your old stuff into new treasures.

**162115-01** \$8.00

M 9/29-9/29 1:00P-2:00P

### **ROCKS 4 TOTS**

(Ages 2-5) Learn all about the types of rocks, fossils, and minerals. Take home treasures!

**162116-01** \$8.00

F 10/10-10/10 12:00P-1:00P

# CREEPY CRAWLERS

(Ages 2-5) Enjoy Halloween early with our creepy crawlers! Discover more about the misunderstood insects that give us the shivers.

**162121-01** \$8.00

F 10/24-10/24 12:00P-1:00P

# FISH TAILS

(Ages 2-5) Find out more about those denizens of the deep - Fish!

**162123-01** \$8.00

F 9/12-9/12 12:00P-1:00P

### WHO LIVES IN THE WETLANDS

(Ages 2-5) Explore the fascinating world of life in the wetlands.

**162124-01** \$8.00

M 9/15-9/15 1:00P-2:00P

# EDIBLE ART

(Ages 2-5) Make some tasty masterpieces in our edible art class. Play with peanut butter Playdoh and paint with pudding.

**162128-01** \$8.00

Th 9/25-9/25 12:00P-1:00P

# **ELEMENTARY AGE PROGRAMS**

### **BASIC BOTANY**

(Ages 6-15) Discover the amazing world of botany - from decorative plants to carnivorous plants.

**162204-01** \$12.00

Sa 9/20-9/20 11:00A-12:30P

# YOUNG ARCHAELOGIST CAMP

(Ages 6-12) Do you love history, ancient people, dirt, and Indiana Jones movies? Try your hand at uncovering artifacts and discovering the lives of long gone civilizations!

**162250-01** \$60.00

M 10/13-10/13 8:00A-3:00P

# FRIDAY FISHING

(Ages 6 & up) Enjoy a Friday by the pond and learn the fundamentals of fishing. Bring your own rod and reel or borrow a loaner.

### FRANKLIN PARK ARTS CENTER

### 162251-01 \$12.00 9/19-9/19 F

4:00P-5:30P

162251-02 \$12.00

4:00P-5:30P F 10/17-10/17

### JR. BASSMASTER CLUB

(Ages 7-15) Looking for a fishing challenge? Learn the tricks and tactics to catch large and small mouth bass, and the mysteries of using

162253-01 \$12.00

F 9/12-9/12 4:00P-5:30P

162253-02 \$12.00

10/10-10/10 4:00P-5:30P

### GO GREEN

(Ages 6 & up) Discover new ways to go green with all natural make-it-yourself bath, kitchen, and garden products.

162257-01 \$16.00

10/11-10/11 Sa 11:00A-1:00P

### **SCOUT PROGRAMS**

### **BROWNIES TRY-IT'S: TAKE A HIKE**

(Ages 6-11) Explore Franklin Park while earning your Take a Hike Try-It.

162277-01 \$4.00

Th 10/23-10/23 3:30P-5:00P

# **BROWNIES TRY-IT'S: BIRDS**

(Ages 6-11) Flyways and featherbeds? Delve into the world of birds during this Brownie Try-It.

162278-01 \$4.00

Th 10/30-10/30 3:30P-5:00P

# JUNIOR GIRL SCOUTS: HIKE THE APPLACHIACHIAN TRAIL

(Ages 7-15) Hike the Trail and learn about the areas history while earning your badge.

162279-01

11/7-11/7

3:30P-5:00P

# WEBELOS - OUTDOORSMAN

(Ages 7 -12) Earn your Outdoorsman Badge! We'll complete all the requirements with the exception of those done with the Den leader. (Den Leader turns in the info. and obtains badges.)

162287-01 \$4.00

10/27-10/27 4:00P-5:30P

# MULTI-BADGE PROGRAMS

Open to all Brownies, Junior Girl Scout, Cub Scout, and Webelos. We can tailor programs in archery, outdoor cooking, camping, orienteering, fishing, astronomy, and many others. Call for further details.

# **MULTI-AGE PROGRAMS**

### **ASTRONOMY 101**

(Ages 6 & up) Learn to identify some constellations and discover the secrets of the universe. Enjoy some 'smores and our warm fire, too! Bring binoculars.

162504-01 \$8.00

Sa 9/13-9/13 8:45P-9:45P

162504-02 \$8.00

Sa 10/4-10/4 8:30P-9:30P

# BEGINNERS ARCHERY

(Ages 8 & up) Learn basic skills of archery. plus safety with a bow. Includes construction and care of the equipment, plus target practice. Equipment provided.

162505-01 \$14.00

Tu.Th 9/30-10/2 4:00P-5:00P

162505-02 \$14.00

Tu.Th 10/28-10/30 4:00P-5:00P

### ADVANCED ARCHERY

(Ages 9 & up) Learn advanced skills of archery concentrating on aiming techniques and long distance target practice. Equipment provided.

162506-01 \$14.00

5:00P-6:00P Tu.Th 9/30-10/2

162506-02 \$14.00

Tu.Th 10/28-10/30 5:00P-6:00P

# FRANKLIN PARK PERFORMING & VISUAL ARTS CENTER

36441 Blueridge View Lane Purcellville, VA 20132 Inside Franklin Park

540-338-7973

Office Hours: M-F 9:00A-5:00P

# **PRESCHOOL AGE PROGRAMS**

### MUSIC IN THE MORNING

(Ages 2-5) Mommy and me musical activities with songs, games, instruments, props and more

163101-01 \$60.00

10/7-10/28 10:00A-11:00A

163101-02 \$60.00

11/4-11/25 10:00A-11:00A Tu

# STORYTIME ART

(Ages 2-5) Award winning children's literature with an art project every week. Instructor: Patty McGovern.

163103-01 \$60.00

10/9-10/30 1:00P-2:00P

163103-02 \$45.00

1:00P-2:00P Th 11/6-11/20

# **ELEMENTARY & MIDDLE** SCHOOL AGE PROGRAMS

### ART DETECTIVES CLUB

(Ages 7-12) Interview witnesses, look for hidden clues, and make your own work of art in the style of the great masters - all in a fun, club-like atmosphere. Instructor: Catherine Fetterman.

163200-01 \$90.00

10/3-11/7 4:00P-5:30P

### FIRST STAGE

(Ages 5-7) Beginning actors join in theatre games, improvisation exercises, and fun warm ups. Students also build theatre masks and stage a performance. Instructor: Heather Stillings.

163201-01 \$60.00

10/4-11/8 10:00A-11:30A Sa

# JUNIOR THEATRE

(Ages 7-12) Students choose a script, audition and rehearse a one-act play. Scripts are based on the Scholastic History Series. Reading skills required. Instructor: Heather Stillings.

163202-01 \$75.00

9/23-11/11 1:00P-2:30P Tu

163202-02 \$75.00

9/30-11/18 4:00P-5:30P Tu

### FRANKLIN PARK ART RANGER 1

(Ages 6-12) Become an Art Ranger! This new program combines learning about nature through art. Rangers earn recognition for each program completed. Instructor: Vicki Curtis.

163204-01 \$72.00

Th 9/11-10/16 4:00P-5:30P

163204-02 \$72.00

9/13-10/18 9:30A-11:00A Sa

# FRANKLIN PARK ART RANGER 2

(Ages 6-12) See description for Ranger 1.

163208-01 \$72.00

Th 10/23-12/4 4:00P-5:30P

163208-02 \$72.00

Sa 10/25-12/6 9:30A-11:00A

# **MIDDLE & HIGH SCHOOL AGE PROGRAMS**

# PLAYWRITING WORKSHOP

(Ages 12-18) Students study character and plot development as they write their own production as a group. Instructor: Heather Stillings.

163304-01 \$90.00

Sa 9/27-11/15 12:00P-2:00P

# SHAKESPEARE FOR TEENS

(Ages 13-18) Students participate in theatre

### FRANKLIN PARK ARTS CENTER

games and improvisation, explore language, and learn how to bridge the 400-year gap separating us and Shakespeare. Recital performance at last class. Instructor: Tim Jon.

**163401-01** \$96.00

W 9/10-10/29 5:00P-7:00P

### AUDIO MASTERING FOR TEENS

(Ages 14-18) Learn the basics behind manipulating a multi-track audio recording. Create a finished piece of music using Cakewalk SONAR 5 software. Instructor: Alexander Gomez.

**163402-01** \$85.00

Sa 10/11-10/11 10:00A-2:00P Sa 11/15-11/15 10:00A-2:00P

### **ADULT PROGRAMS**

### SHAKESPEARE WORKSHOP

(Ages 18 & up) Modeled after the National Shakespeare Conservatory's "Shakespeare Workout." Students master at least one monologue and one partnered scene. Prepared staged reading at last class. Instructor: Tim Jon.

**163501-01** \$96.00

Sa 9/6-10/25 10:00A-12:00P

### AUDIO MASTERING

(Ages 18 & up) Learn layering, mixing, editing, and effects to create a finished piece of music using Cakewalk SONAR 5 Producer Edition software. Instructor: Alexander Gomez.

**163503-01** \$85.00

Su 9/14-9/14 10:00A-3:00P

**163503-02** \$85.00

Sa 10/11-10/11 10:00A-3:00P

# LOUDOUN VALLEY COMMUNITY CENTER

320 West School Street Purcellville, VA 20132

540-338-4122

M,Tu,W,Th, 7:00A-9:30P F 7:00A-6:00P

Sa 8:00A-4:00P

Supply & material fees are payable to the instructor at the first class.

# TODDLER, PRESCHOOL & KINDERGARTEN AGE PROGRAMS

### MORNING PLAYTIME

(Ages 1½-5) Your child can play while you take a class or exercise. Maximum one hour per day. Parent must stay on site. Register in person at LVCC. Instructor: Sandy Nave.

### **LOUDOUN VALLEY COMMUNITY CENTER**

 101101-01
 \$45.00/15-punches

 M,Tu,W,Th,F
 9/1-11/30
 8:30A-10:30A

 101101-02
 \$100.00/3-months unlimited

 M,Tu,W,Th,F
 9/1-11/30
 8:30A-10:30A

### SCOOTER/TRIKE DAY

(Ages 4-6) We have bikes, trikes, and scooters, or you can bring your own.

**101103-01** \$5.00

F 10/3-10/3 11:30A-12:30P

**101103-02** \$5.00

Th 11/20-11/20 11:30A-12:30P

### BABY DOLL SPA DAY

(Ages 2-6) We'll pamper your favorite baby doll and give her a make-over. Pack a lunch. Juice and cookies provided.

**101104-01** \$12.00

F 9/12-9/12 11:30A-1:00P

### **INDY 500 PAINT RACE**

(Ages 1½-3) Rev-up your engines! We'll paint 'til we run out of gas.

**101105-01** \$8.00

Tu 11/11-11/11 10:00A-10:45A

### LITTLE CHEFS

(Ages 3-5) Bring a lunch and learn to make a simple, kid-friendly recipe. Instructor: Genie Royang.

**101106-01** \$15.00

W 9/17-9/17 11:30A-1:00P 101106-02 \$15.00 W 10/15-10/15 11:30A-1:00P

**101106-03** \$15.00

W 11/19-11/19 11:30A-1:00P

## NATURE ADVENTURES WITH GARTH

(Ages 3-5) Pack a lunch to enjoy before heading out for a local nature adventure. Water provided. Dress warmly. Instructors: Garth Adams and Sandy Nave.

\$14.00	
9/19-9/19	11:30A-2:30P
\$14.00	
9/26-9/26	11:30A-2:30P
\$14.00	
10/3-10/3	11:30A-2:30P
\$14.00	
10/17-10/17	11:30A-2:30P
\$14.00	
10/24-10/24	11:30A-2:30P
\$14.00	
10/31-10/31	11:30A-2:30P
\$14.00	
11/7-11/7	11:30A-2:30P
\$14.00	
	9/19-9/19 \$14.00 9/26-9/26 \$14.00 10/3-10/3 \$14.00 10/17-10/17 \$14.00 10/24-10/24 \$14.00 10/31-10/31 \$14.00 11/7-11/7

### 540-338-4122

11/14-11/14 11:30A-2:30P

**101107-09** \$14.00

F 11/21-11/21 11:30A-2:30P

### MY LITTLE TREE

(Ages 1½-2½) I'm growing every day! We'll make a hand-made tree so you can see how much I grow. Instructor: Genie Rovang.

**101108-01** \$8.00

Tu 9/9-9/9 10:00A-10:45A

### MONDAYS WITH GARTH

(Ages 5-6) Bring a lunch and explore local natural surroundings. Wear comfortable shoes. Instructors: Garth Adams and Sandy Nave.

101109-01	\$14.00	
M	9/15-9/15	11:30A-2:30P
101109-02	\$14.00	
M	9/22-9/22	11:30A-2:30P
101109-03	\$14.00	
M	9/29-9/29	11:30A-2:30P
101109-04	\$14.00	
M	10/6-10/6	11:30A-2:30P
101109-05	\$14.00	
M	10/20-10/20	11:30A-2:30P
101109-06	\$14.00	
M	10/27-10/27	11:30A-2:30P
101109-07	\$14.00	
M	11/10-11/10	11:30A-2:30P
101109-08	\$14.00	
M	11/17-11/17	11:30A-2:30P
101109-09	\$14.00	
M	11/24-11/24	11:30A-2:30P

# TODDLER TIME

(Ages 1½-3 yrs) Children play with toys, listen to music and make a craft while meeting new friends. Parents must attend. Instructor: Eugenia Rovang.

**101110-01** \$30.00

M 9/8-9/29 10:00A-10:45A

### PRE-DANCE 3-5

(Ages 3-5) Pre-dance for beginning dancers. Tap and ballet. Instructor: Laura Zimmerman.

Tap and banet. Instructor: Laura Zimmerman.

101111-01 \$32.00

W 9/10-10/1 12:30P-1:15P

101111-02 \$32.00

W 10/8-10/29 12:30P-1:15P

101111-03 \$32.00

11/5-11/26

12:30P-1:15P

### WONDERFUL ONES

W

(Ages 1-1½) Soft mat play, music, toddle-dancing. Instructor: Kitty Hughes.

**101112-01** \$24.00

W 9/17-10/8 10:45A-11:15A

### PRESCHOOL FOOTBALL

(Ages 4-6) Learn the football basics of catching, passing, and running.

**101113-01** \$30.00

M 9/15-10/6 11:30A-12:30P

# **MESSES & MASTERPIECES**

(Ages 1½ -3 yr) Bring a lunch. We'll play, make crafts, and create a masterpiece...maybe a few messes too! Instructor: Genie Rovang.

101114-01	\$8.00	
F	9/26-9/26	10:00A-10:45A
101114-02	\$8.00	
F	10/3-10/3	10:00A-10:45A
101114-03	\$8.00	
F	10/10-10/10	10:00A-10:45A
101114-04	\$8.00	
F	10/17-10/17	10:00A-10:45A
F 101114-03 F 101114-04	10/3-10/3 \$8.00 10/10-10/10 \$8.00	10:00A-10:45A

### HALLOWEEN TREATS

(Ages 3-6) Have fun making edible, scary snacks!

**101115-01** \$15.00

Tu 10/28-10/28 12:00P-2:30P

### **BIRD CRAZY**

(Ages 2-3) We'll be making pinecone bird feeders and decorating a bird house. Instructor: Genie Rovang.

**101116-01** \$10.00

Tu 9/23-9/23 10:00A-10:45A

# **BOTTLE-CAP TAMBOURINES**

(Ages 4-6) Let's make & shake our tambourines... popular in Brazil & Africa. Celebrate the fall solstice. Instructor: Sandy Brant.

**101117-01** \$12.00

M 9/22-9/22 11:30A-2:00P

### LITTLE ARTISTS

(Ages 3-5) We'll make things with string, paint, clay, stamps, and whatever else we find. Wear old clothes, and bring a lunch.

101118-01	\$12.00	
Tu	10/7-10/7	11:30A-1:00P
101118-02	\$12.00	
Tu	10/14-10/14	11:30A-1:00P
101118-03	\$12.00	
Tu	10/21-10/21	11:30A-1:00P
101118-04	\$12.00	
Tu	10/28-10/28	11:30A-1:00P

# DANCE STEPS A

(Ages 2-3) Intro to ballet, and creative movement. Instructor: Connie McCrary.

**101119-01** \$32.00 Tu 9/16-9/30 10:45A-11:15A **101119-02** \$32.00

Tu	10/7-10/28	10:45A-11:15A
101119-03	\$32.00	
Tu	11/4-11/25	10:45A-11:15A

# WILD WEST SCAVENGER HUNT

(Ages 4-6) Let's hunt for gold before the bandits get it! We will have a rootin', tootin' good time. Instructor: Sandy Brant.

**101120-01** \$15.00

Th 10/2-10/2 11:30A-2:00P

### A-K SPORTS MIX

(Ages 5-6) Enjoy an assortment of sports activities. Wear tennis shoes.

\$26.00	
9/24-10/15	2:00P-2:45P
\$26.00	
11/5-12/3	2:00P-2:45P
	9/24-10/15 \$26.00

# DOWN ON THE FARM

(Ages 1½-2½) Make some fun animals from the farm. Instructor: Genie Rovang.

**101122-01** \$8.00

M 10/20-10/20 10:00A-10:45A

### TINY TURKEYS

(Ages  $1\frac{1}{2}$ - $2\frac{1}{2}$ ) Make a cute turkey craft for the holiday season.

**101123-01** \$8.00

F 11/21-11/21 10:00A-10:45A

### BOB THE BUILDER DAY

(Ages 2-6) We will build, hammer, measure, and fix things. Bring a lunch. Costumes optional.

**101124-01** \$7.00 Th 10/16-10/16 11:30A-12:30P

# **MOMMY & ME SERIES**

(Ages 1½-2½) Great first class. Parents help children make a themed craft for the season. Instructor: Genie Rovang.

101125-01	\$8.00	
W	9/10-9/10	10:00A-10:45A
101125-02	\$8.00	
W	10/8-10/8	10:00A-10:45A
101125-03	\$8.00	
W	11/12-11/12	10:00A-10:45A
101125-03	\$8.00	

### PAINT HALLOWEEN BAGS

(Ages 4-6) Create your own Halloween bag for trick-or-treating. Instructor: Sandy Brant.

**101126-01** \$8.00

F 10/17-10/17 11:30A-1:30P

# SUPER HERO TRAINING ACADEMY

(Ages 3-6) Come in costume to learn special codes and spy tricks!

F 10/31-10/31 11:30A-2:00P

### CHEERLEADING/TUMBLING

(Ages 3-5) This is an introductory class. Instructor: Laura Zimmerman.

101128-01	\$32.00	
Th	9/11-10/2	1:00P-1:45P
101128-02	\$32.00	
Th	10/9-10/30	1:00P-1:45P
101128-03	\$32.00	
Th	11/6-11/27	1:00P-1:45P

### DANCE STEPS B

(Ages 2-3) Introduction to ballet, and creative movement. Instructor: Connie McCrary.

101130-01	\$32.00	
F	9/19-9/26	11:00A-11:30A
101130-02	\$32.00	
F	10/3-10/31	11:00A-11:30A
101130-03	\$32.00	
F	11/7-11/28	11:00A-11:30A

# DANCE STEPS C

(Ages 2-3) Tap/Pre-ballet. Instructor: Connie McCrary.

101131-01	\$32.00	
Tu	9/16-9/25	11:40A-12:25P
101131-02	\$32.00	
Tu	10/7-10/28	11:40A-12:25P
101131-03	\$32.00	
Tu	11/4-11/25	11:40A-12:25P

## DANCE STEPS D

(Ages 3½-5) Tap/Pre-ballet. Instructor: Connie McCrary.

101132-01	\$32.00	
F	9/19-9/26	11:45A-12:30P
101132-02	\$32.00	
F	10/3-10/31	11:45A-12:30P
101132-03	\$32.00	
F	11/7-11/28	11:45A-12:30P

# DANCE STEPS E

(Ages 4 -5½) Tap/Pre-ballet. Instructor: Connie McCrary.

101133-01	\$32.00	
Tu	9/16-9/30	12:35P-1:20P
101133-02	\$32.00	
Tu	10/7-10/28	12:35P-1:20P
101133-03	\$32.00	
Tu	11/4-11/25	12:35P-1:20P

# DANCE STEPS F

(Ages 5-6) Tap/pre-ballet. Instructor: Connie McCrary.

101134-01	\$36.00	
F	9/19-9/26	9:30A-10:30A

101134-02	\$36.00	
F	10/3-10/31	9:30A-10:30A
101134-03	\$36.00	
F	11/7-11/28	9:30A-10:30A

### INTRO GYMNASTICS

(Ages 3½-5) Introduction to gymnastics. Instructor: Connie McCrary.

101135-01	\$36.00	
Tu	9/23-9/30	1:35P-2:20P
101135-02	\$36.00	
Tu	10/7-10/28	1:35P-2:20P
101135-03	\$36.00	
Tu	11/4-11/25	1:35P-2:20P
101135-02 Tu 101135-03	\$36.00 10/7-10/28 \$36.00	1:35P-2:20I

### DANCE STEPS G

(Ages 5-6) Kindergarten class. Tap/Pre-ballet. Instructor: Connie McCrary.

\$36.00	
9/19-9/26	12:45P-1:45P
\$36.00	
10/3-10/31	12:45P-1:45P
\$36.00	
11/7-11/28	12:45P-1:45P
	9/19-9/26 \$36.00 10/3-10/31 \$36.00

### PUMPKIN DECORATING

(Ages 4-6) Carve or paint a pumpkin...it will be quite spooky! Instructor: Sandy Brant.

101138-01	\$12.00	
M	10/27-10/27	11:30A-2:30P

### LEVEL I

(Ages 3-5) Level I tap and ballet. No previous dance required. Recital in spring. Instructor: Laura Zimmerman.

101139-01	\$32.00	
Th	9/11-10/2	12:00P-12:45P
101139-02	\$32.00	
Th	10/9-10/30	12:15P-1:00P
101139-03	\$32.00	
Th	11/6-11/27	12:15P-1:00P

### MUSIC & DANCE TIME

(Ages 2-4) Learn basic dance moves, play instruments, sing silly song & more. Instructor: Laura Zimmerman.

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101141-01	\$32.00	
Tu	9/9-9/30	9:00A-9:45A
101141-02	\$32.00	
Tu	10/7-10/28	9:00A-9:45A
101141-03	\$32.00	
Tu	11/4-11/25	9:00A-9:45A

# PRESCHOOL SPORTS MIX

(Ages 4-5) Fundamentals of a different sport are emphasized each week. Sneakers recommended for gym. Class held outside (weather permitting).

101142-01	\$14.00	
Th	9/18-10/9	11:30A-12:30P
101142-02	\$14.00	
Th	10/30-11/20	11:30A-12:30P

### CREATIVE MOVEMENT

(Ages 2-4) Creative movement. Tap & Ballet beginning dance. Recital in spring. Instructor: Laura Zimmerman.

101143-01	\$32.00	
Th	9/11-10/2	11:00A-11:45A
101143-02	\$32.00	
Th	10/9-10/30	11:00A-11:45A
101143-03	\$32.00	
Th	11/6-11/27	11:00A-11:45A

### PRINCESS TEA

(Ages 3-6) Dress up as your favorite princess for our tea social. Pack a lunch. We provide cookies and juice.

101144-01	\$12.00	
W	10/22-10/22	11:30A-2:00P

### MINI BOWLING

(Ages 4-6) Three sessions included.

**101145-01** \$21.00

Tu 11/11-11/25 11:30A-12:30P

# HALLOWEEN CRAFT

(Ages 4-8) Make a scary craft for Halloween. Pack a lunch from home. Instructor: Genie Rovang.

101146-01	\$12.00	
W	10/29-10/29	11:30A-1:00P

### PRESCHOOL FUN DAY

(Ages 3-5) Fun preschool arts & crafts activities.

**101147-01** \$10.00 M 10/13-10/13 9:00A-11:30A

# PRESCHOOL HALLOWEEN PARTY

(Ages 2-6) Costumes optional.

**101148-01** \$5.00

Th 10/30-10/30 7:00P-8:00P

# **ELEMENTARY & MIDDLE SCHOOL AGE PROGRAMS**

# DANCE STEPS H

(Ages 5-8) First semester: ballet & tumbling. Second semester: tap & jazz. Instructor: Connie McCrary.

101137-01	\$36.00	
W	9/17-9/24	3:10P-4:05P
101137-02	\$36.00	
W	10/1-10/29	3:10P-4:05P
101137-03	\$36.00	
W	11/5-11/26	3:10P-4:05P

### ADV. LEVEL II

(Ages 5-8) Ballet, Tap, & Jazz. Requires completion of Level I in last session. Spring recital. Instructor: Laura Zimmerman.

101140-01	\$36.00	
M	9/8-9/29	4:15P-5:15P
101140-02	\$36.00	
M	10/6-10/27	4:15P-5:15P
101140-03	\$36.00	
M	11/3-11/24	4:15P-5:15P

### LEVEL I JAZZ/HIP-HOP

(Ages 5-7) No experience required. Recital in spring. Instructor: Laura Zimmerman.

101201-01	\$36.00	
Tu	9/11-9/30	4:30P-5:30P
101201-02	\$36.00	
Tu	10/7-10/28	4:30P-5:30P
101201-03	\$36.00	
Tu	11/4-11/25	4:30P-5:30P

### COLUMBUS DAY PROGRAM

(Ages 5-12) Crafts, games and a field trip to Chuck E Cheese.

101202-01	\$45.00	
M	10/13-10/13	8:00A-5:00P

# AFTERNOON CAMPOUT

(Ages 4-6) We'll have an afternoon campout. First, we have to figure out how to put this tent up!

101203-01	\$10.00	
F	9/26-9/26	3:30P-5:00P
101203-02	\$10.00	
F	9/26-9/26	5:00P-6:30P

### JAZZ/HIP-HOP

(Ages 8-12) Jazz/Hip-Hop. Level I & II. Recital in Spring. Instructor: Laura Zimmerman.

101204-01	\$36.00	
M	9/8-9/29	5:20P-6:20P
101204-02	\$32.00	
M	10/6-10/27	5:20P-6:20P
101204-03	\$32.00	
M	11/3-11/24	5:20P-6:20P

# LEVEL II/III TAP & BALLET

(Ages 8-12) Previous dance experience required. Recital in Spring. Instructor: Laura Zimmerman.

101205-01	\$36.00	
Tu	9/11-9/30	5:30P-6:30P
101205-02	\$36.00	
Tu	10/7-10/28	5:30P-6:30P
101205-03	\$36.00	
Tu	11/4-11/25	5:30P-6:30P

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TEA	CHEK	WORK	DAY

(Ages 5-12) Spend the day with us.

101206-01	\$45.00	
M	11/3-11/3	8:00A-5:00P
101206-02	\$45.00	
Tu	11/4-11/4	8:00A-5:00P

### WOOD CRAFT

(Ages 8-12) Make a wood craft for home. Instructor: Kitty Hughes.

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101207-01	\$7.00
Tu	0/23 0/23

Tu 9/23-9/23 7:00P-8:00P

### BOYS TUMBLING/BREAK DANCE

(Ages 10-14) Boys Only. Instructor: Connie McCrary.

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101208-01	\$36.00	
Tu	9/16-9/30	6:30P-7:30P
101208-02	\$36.00	
Tu	10/7-10/28	6:30P-7:30P
101208-03	\$36.00	
Tu	11/4-11/25	6:30P-7:30P

### CROOUET IS OKAY

(Ages 8-12) Learn how to play the fun, timeless game of croquet.

**101209-01** \$5.00

M 10/20-10/20 4:00P-5:00P

### THE GREAT EGG DROP

(Ages 7-12) You'll design containers that will withstand impact and keep the eggs from breaking.

**101211-01** \$5.00

F 11/7-11/7 4:00P-5:00P

# THANKSGIVING CRAFT

(Ages 4-6) Create a useful craft that Mom's will love. Bring a lunch with you. Instructor: Sandy Brant.

**101212-01** \$10.00

F 11/21-11/21 11:30A-1:30P

# DANCE STEPS I

(Ages 5-8) First semester: ballet & tumbling. Second semester: tap & jazz. Instructor: Connie McCrary.

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101214-01	\$36.00	
W	9/17-9/24	4:15P-5:10P
101214-02	\$36.00	
W	10/1-10/29	4:15P-5:10P
101214-03	\$36.00	
W	11/5-11/26	4:15P-5:10P

# DANCE STEPS J

(Ages 8-11) Experience required. First semester: tumbling & ballet Level II. Second semester: tap, jazz, and ballet Level II. Instructor: Connie McCrary.

101215-01	\$36.00	
Tu	9/16-9/30	3:45P-4:45P
101215-02	\$36.00	
Tu	10/7-10/28	3:45P-4:45P
101215-03	\$36.00	
Tu	11/4-11/25	3:45P-4:45P

### DANCE STEPS K

(Ages 7-10) Experience required. First semester: tumbling & ballet Level II. Secnod semester: tap, jazz, and ballet Level II. Instructor: Connie McCrary.

101216-01	\$36.00	
W	9/17-9/24	5:20P-6:15P
101216-02	\$36.00	
W	10/1-10/29	5:20P-6:15P
101216-03	\$36.00	
W	11/5-11/26	5:20P-6:15P

### **OOEY GOOEY ART**

(Ages 8-12) Three sessions.

**101225-01** \$36.00

Tu 10/7-10/21 6:30P-8:00P

### SODA TAB BRACELET

(Ages 8-12) Create a wrist or ankle bracelet with soda top rings.

**101401-01** \$5.00

Tu 11/25-11/25 6:30P-7:30P

# "007" CODED MESSAGES

(Ages 8-12) Learn to send and decipher coded messages using several methods.

**101404-01** \$7.00

Tu 11/18-11/18 6:00P-7:00P

# MIDDLE & HIGH SCHOOL AGE PROGRAMS

# DANCE STEPS L

(Ages 12-18) Teen class. Modern Jazz. Instructor: Connie McCrary.

101217-01	\$36.00	
Tu	9/16-9/30	5:00P-6:20P
101217-02	\$36.00	
Tu	10/7-10/28	5:00P-6:20P
101217-03	\$36.00	
Tu	11/4-11/25	5:00P-6:20P

### BACK TO SCHOOL COOKOUT

(Ages 11-17) Join us for a Back-to-School cookout. Register by 9/12. Meet at the pavilion. **101304-01** \$2.00

101304-01	\$2.00	
F	9/19-9/19	5:30P-6:30P

# **ADULT PROGRAMS**

### ADULT TAP DANCING

(Ages 18 & up) Instructor: Connie McCrary.

101501-01	\$36.00	
W	9/17-9/24	6:30P-7:30P
101501-02	\$36.00	
W	10/1-10/29	6:30P-7:30P
101501-03	\$36.00	
W	11/5-11/26	6:30P-7:30P

### POWER AEROBICS

(Ages 18 & up) Join this exciting fitness program. Drop-in fee: \$9.00. Card can be used for any aerobics class. Register in person. Instructor: JM.

101506-01	\$100.00/15 pt	ınches
M,W	9/8-11/26	6:30P-7:45P

### TOTAL BODY WORKOUT

(Ages 18 & up) Come to this fun, coed, class for cardio, strength training and stretching. Drop-in fee: \$9.00. Card can be used for any aerobics class. Register in person. Instructor: Sara Johnson.

**101507-01** \$100.00/15 punches Tu,Th 9/9-11/25 9:15A-10:15A

### FABULOUS ABS

(Ages 18 & up) This class will teach you how to tighten and firm those abdominal muscles. Instructor: Carol Gordon.

**101710-01** \$28.00

Tu 9/16-10/21 6:30P-7:00P

# **MULTI-AGE PROGRAMS**

# GRANDPARENT GIFT DAY

(Ages 4-8) Make a special gift for your grand-parents.

**101102-01** \$7.00

Sa 9/6-9/6 10:45A-11:45A

# FAMILY SCARECROW CONSTRUCTION

(All ages) Bring overalls and a flannel shirt and learn how to make a scarecrow. Hay, newspaper, string and cloth provided. Apple cider and popcorn too!.

**101701-01** \$15.00/family Tu 10/28-10/28 6:00P-8:30P

# BEAR'S DEN PHOTO HIKE

(Ages 12 & up) Take in the splendor of the Shenandoah Mountains from the overlook at Bear's Den. Bring a lunch.

**101702-01** \$5.00

Sa 10/11-10/11 10:00A-2:00P

### PRESCHOOL SOCK HOP

(All ages) Put on your bobby-socks and let's

### LOUDOUN VALLEY COMM. CNTR.

dance to the oldies. Pay at door.

**101704-01** \$3.00

F 9/19-9/19 6:30P-7:30P

### TAI CHI

(Ages 16 & up) Beginners level. Tai Chi increases relaxation awareness and mind/body coordination, while improving posture, breathing, and balance. Instructor: Bob Gardner.

101503-01	\$110.00	
M,W	9/8-10/29	10:30A-11:30A
101503-02	\$110.00	
M,W	9/8-10/29	9:30A-10:30A
101503-03	\$110.00	
M,W	9/8-10/29	8:30A-9:30A

### FITNESS ROOM

(Ages 16 & up) Get back in shape or just tone up. Must sign up in person at LVCC. Hours: M-Th: 7A-9P,

F: 7A-6P. Sa: 8A-4P.

 101706-01
 \$100.00/6 months

 M-Sa
 on-going

 101706-02
 \$200.00/1 year

 M,-Sa
 on-going

**101706-03** \$100.00/1 year senior, student

M-Sa on-going

### FAMILY FUN NIGHT

(All ages) Bring the family for an evening of fun

**101709-01** Free

Tu 9/30-9/30 10:00A-11:30A

# **BALTIMORE INNER HARBOR**

(All ages) Children under 16 must be accompanied by an adult. Instructor: Genie Rovang.

**101711-01** \$15.00 Sa 10/25-10/25 9:00A-5:00P

### AMERICAN BELLY DANCE

(Ages 16 & up) Tone and stretch your entire body with movements from the oldest dance form. Optional equipment fee of \$22 due at first class. Instructor: Sandra KinCannon.

\$72.00

	'	
M	9/8-10/27	6:30P-7:25P
101720-03	\$72.00	
M	9/8-10/27	7:30P-8:25P
101720-04	\$72.00	
M	9/8-10/27	8:30P-9:25P

# REGISTER ONLINE!

Visit

www.loudoun.gov/prcs and click on the Webtrac link.

### LOVETTSVILLE COMMUNITY CENTER

# LOVETTSVILLE COMMUNITY CENTER

57 E. Broad Way Lovettsville, VA 20180

540-822-5284

M-Th 7:00A-9:30P F 7:00A-6:30P

Supply & material fees are due to the instructor at the first class.

# **PRESCHOOL AGE PROGRAMS**

### LITTLE CHEFS

(Ages 3-5) Whip up a treat for your family. Pack a lunch.

**102111-01** \$12.00

M 9/8-9/8 11:00A-12:00P

### KIDS ZUMBA

(Ages 3-5) Clap your hands and stomp your feet to Latin beats. Focuses on age appropriate movements, rhythmic counts, and FUN! Instructor: Xtreme Fit Studio.

102109-01	\$45.00	
Tu	9/9-9/30	11:00A-11:45A
102109-02	\$45.00	
Tu	10/7-10/28	11:00A-11:45A
102109-03	\$34.00	
Tu	11/11-11/25	11:00A-11:45A

# FIRST KICKS

(Ages 3-5) A fun introduction to the basics of soccer with Challenger British Soccer.

**102110-01** \$90.00

Tu 9/9-10/28 11:00A-12:00P

### LUNCH BUDDIES

(Ages 3-5) Your extra time after preschool while your child enjoys lunch and fun activities. Pack a lunch.

### 102102-01-11 \$15.00

W	9/10-9/10	11:00A-12:30P
W	9/17-9/17	11:00A-12:30P
W	9/24-9/24	11:00A-12:30P
W	10/1-10/1	11:00A-12:30P
W	10/15-10/15	11:00A-12:30P
W	10/22-10/22	11:00A-12:30P
W	10/29-10/29	11:00A-12:30P
W	11/5-11/5	11:00A-12:30P
W	11/12-11/12	11:00A-12:30P
W	11/19-11/19	11:00A-12:30P

### TOTALLY TWO

(24mos & up) Music, art, and great socialization! Pack a small snack.

**102103-01** \$66.00

Th,F 9/11-9/26 8:30A-10:00A

**102103-02** \$110.00

### 540-822-5284

10/2-10/31	8:30A-10:00A

**102103-03** \$66.00

Th,F 11/6-11/21 8:30A-10:00A

### ME AT THREE

Th.F

(Ages 36mos & up) Music, art, and stories. Pack a small snack.

102104-01	\$66.00	
		0.20 4.10.00 4
Th,F	9/11-9/26	8:30A-10:00A
102104-02	\$110.00	
Th,F	10/2-10/26	8:30A-10:00A
102104-03	\$66.00	
Th,F	11/6-11/21	8:30A-10:00A

### PRINCESS PARTY

(Ages 3-5) Hear Ye, Hear Ye! Calling all princesses to play games and make a crown at ye olde party. Pack a lunch.

**102105-01** \$12.00

Th 9/11-9/11 11:00A-12:00P

### **SPORTIES 4 SHORTIES**

(Ages 3-5) Kicking, running, throwing, catching, and good sportsmanship skills.

102100-01	\$30.00	
M	9/15-9/29	11:00A-11:45A
102100-02	\$30.00	
M	10/6-10/27	11:00A-11:45A
102100-03	\$30.00	
M	11/10-11/24	11:00A-11:45A

# TUMBLEWEEDS

(Ages 2-3) Parent and child will be introduced to tumbling with mat movement, balance beam, vaulting, horse, and uneven bars. Instructor: Donna Lineburg.

**102106-01** \$24.00

Th 9/18-10/23 10:30A-11:00A **102106-02** \$24.00 Th 10/30-12/11 10:30A-11:00A

# PRENASTICS

(Ages 3-5) Introduction to gymnastics on equipment. Mat work includes rolls, cartwheels, and handstands. Supervised free play and exploration. Instructor: Donna Lineburg.

102107-01	\$24.00	
Th	9/18-10/23	11:15A-11:45A
102107-02	\$24.00	
Th	10/30-12/11	11:15A-11:45A

# ADVANCED PRENASTICS

(Ages 3-5) Perfect rolls, handstands, cartwheels. Learn backward rolls. Continue balance beam. Intro to uneven bars. Instructor: Donna Lineburg.

**102108-01** \$24.00

Th 9/18-10/23 12:00P-12:30P

101720-02

### LOVETTSVILLE COMMUNITY CENTER

**102108-02** \$24.00

Th 10/30-12/11 12:00P-12:30P

### SIGN, SAY & PLAY

(Ages 7-24mos w/parent) With the Baby Signs program, babies can share their wants, needs, and feelings.

**102101-01** \$55.00 (+\$77 materials) W 9/24-10/29 9:00A-9:45A

### LITTLE TYKE TENNIS

(Ages 3-5) A fun introduction to tennis. Wear sneakers and comfortable clothing. Equipment included. Instructor: Holly Smith-Flannery.

**102113-01** \$60.00

W 9/17-10/29 11:00A-11:45A

### SOCK HOP SHINDIG

(Ages 3-5) 1950s dance party complete with refreshments, games and a keepsake photo. Theme dressing encouraged.

**102123-01** \$12.00

F 10/3-10/3 11:00A-12:30P

### **BUDDY & BEAR STORYTIME**

(Ages 3-5) Bring your bear or favorite stuffed buddy to hear a story and make a craft. Pack a lunch.

**102114-01** \$12.00

Tu 10/7-10/7 11:00A-12:00P

# LITTLE "PRE"FESSORS

(Ages 3-5) Discover amazing facts & perform simple experiments in this hands-on science class. Pack a lunch.

**102112-01** \$36.00

Th 10/9-10/23 11:00A-12:00P

# ALL ABOUT CHOCOLATE

(Ages 3-5) Make, eat and learn all about chocolate. Pack a lunch.

**102115-01** \$12.00

Tu 10/28-10/28 11:00A-12:00P

# PIRATE ADVENTURES

(Ages 3-5) Sail the high seas, search for hidden treasure and make some loot! Bring a lunch and a drink. Eye patch optional.

**102116-01** \$12.00

Tu 11/11-11/11 11:00A-12:00P

## THINGS THAT GO!

(Ages 3-5) Explore trains, planes and automobiles through games, a story and craft. Bring a lunch.

**102117-01** \$12.00

Tu 11/18-11/18 11:00A-12:00P

# **ELEMENTARY AGE PROGRAMS**

### DROP-IN

Schedule and fees for drop-in can be found at www.loudoun.gov/lovettsvillecc.

### KIDS' CLUB

(Ages 5-6) Wild and wonderful arts, crafts, sports, walking field trips and more just for Kindergarteners. Bring your lunch and your imagination. Instructor: Denise Dant.

102200-01	\$84.00	
M,W	9/8-9/29	11:00A-1:30P
102200-02	\$96.00	
M,W	10/1-10/29	11:00A-1:30P
102200-03	\$72.00	
M,W	11/5-11/24	11:00A-1:30P

### MINI SOCCER

(Ages 5-6) Challenger British Soccer teaches basics through fun games, competitions, skill building activities and small team games.

**102205-01** \$110.00

Tu 9/9-10/28 12:15P-1:30P

### PLAY DEVELOPMENT SOCCER

(Ages 6-11) Challenger British Soccer emphasizes individual skill development, fundamental tactics, goal scoring and coached scrimmages.

**102206-01** \$130.00

Tu 9/9-10/28 2:45P-4:15P

# KINDER SPORTS MIX

(Ages 5-6) Before AND after kindergarten. Play different sports and games each week.

102207-01	\$36.00	
F	9/12-9/26	9:45A-10:45A
102207-02	\$36.00	
F	9/12-9/26	11:00A-12:00P
102207-03	\$48.00	
F	10/10-10/31	9:45A-10:45A
102207-04	\$48.00	
F	10/10-10/31	11:00A-12:00P
102207-05	\$36.00	
F	11/7-11/21	9:45A-10:45A
102207-06	\$36.00	
F	11/7-11/21	11:00A-12:00P

# WEBKINZ PARTY

(Ages 5-11) Bring your favorite Webkinz (or stuffed animal) for games, snack, and a special surprise. Instructor: Sue Cangemi.

**102220-01** \$15.00

Tu 9/16-9/16 2:45P-4:15P

# **BEGINNER GYMNASTICS**

(Ages 5-11) Non-competitive. Mat work, bal-

ance beam, uneven bars and vaulting horse. Instructor: Donna Lineburg.

**102202-01** \$48.00 Th 9/18-10/23

9/18-10/23 2:45P-3:45P

**102202-02** \$48.00

Th 10/30-12/11 2:45P-3:45P

### INTERMEDIATE GYMNASTICS

(Ages 6-11) Focuses on improving skills in mat work, balance beam, uneven bars, and vaulting horse. Instructor: Donna Lineburg.

**102203-01** \$48.00 Th 9/18-10/23 3:45P-4:45P **102203-02** \$48.00 Th 10/30-12/11 3:45P-4:45P

# KINDER TENNIS

(Ages 5-6) A fun introduction. Wear sneakers and comfortable clothes. Equipment included. Instructor: Holly Smith-Flannery.

**102211-01** \$60.00

Tu 9/23-10/28 11:00A-11:45A

### TENNIS LESSONS

(Ages 5-11) Learn the fundamentals of tennis. Bring a racquet. Instructor: Holly Smith Flannery.

 102201-01
 \$100.00

 Tu,Th
 9/23-10/30
 2:45P-3:45P

 102201-02
 \$100.00

 Tu,Th
 9/23-10/30
 4:00P-5:00P

# HEALTHY COOKS

(Ages 5-11) Turn ordinary snacks into healthy treats!

102209-01	\$12.00	Jr. Chefs
Th	9/25-9/25	2:45P-3:45P
102209-02	\$12.00	Snack Time
Th	10/23-10/23	2:45P-3:45P
102209-03	\$12.00	Let's Bake!
Th	11/13-11/13	2:45P-3:45P

### SOCK HOP SHINDIG

(Ages 5-6) A 1950s dance party complete with refreshments, games and a keepsake photo. Theme dressing encouraged.

**102123-01** \$12.00

F 10/3-10/3 11:00A-12:30P

# JAZZY JEWELRY

(Ages 5-11) Make your own jewelry to jazz up your style.

**102208-01** \$12.00

Th 10/9-10/9 2:45P-3:45P

### HALLOWEEN SOCK HOP

(Ages 6-11) Dress in costume and dance the night away! Prizes will be awarded . Fee

includes admission, glow-lite necklace, beverage, and chips or candy bar.

Pay at door \$5.00

F 10/31-10/31 6:30P-8:30P

### ADVANCED ROBOTICS

(Ages 7-12) Sciensational Workshops presents the ultimate experience - build your own robot! Plus, build a Robot Dinosaur, Mars Cruiser, Aquabot, Space Copter, Desert Rover, and Commander Robot. No prior robotics experience necessary.

**102212-01** \$155.00

M,Tu 11/3-11/4 9:00A-4:00P

### KIDS FIT4LIFE

(Grades 1-5) Develops confidence and character by making exercise and fitness fun. Incorporates sports performance training and relay drills. Instructor: MASE Training.

102264-01	\$121.00	
M,W	9/8-10/15	2:45P-3:45P
102264-02	\$110.00	
M,W	10/20-11/24	2:45P-3:45P

# MIDDLE & HIGH SCHOOL AGE PROGRAMS

# BASKETBALL DROP-IN

Schedule and fees for drop-in can be found at www.loudoun.gov/lovettsvillecc.

### **BABYSITTING 101**

(Ages 11 & up) American Red Cross course covers how to interview, choose safe toys, prevent injuries, perform first aid, and change diapers. Bring a bag lunch. Instructor: Elizabeth Coberly.

**102300-01** \$60.00

Sa 9/13-9/13 9:00A-3:00P

# MIDDLE SCHOOL TENNIS

(Ages 12-15) Learn grip, forehand, backhand, serve, volley, and how to play a game. Bring a racquet and water. Instructor: Holly Smith-Flannery.

**102320-01** \$85.00

W 9/24-10/29 5:00P-6:30P

# **ADULT PROGRAMS**

# BASKETBALL DROP-IN

Schedule and fees for drop-in can be found at www.loudoun.gov/lovettsvillecc.

### **PILATES**

(Ages 18 & up) Focus on correct breathing, posture, and core strengthening for all fitness levels. Wear comfortable, athletic wear. Bring mat and water. Instructor: Xtreme Fit Studio.

102700-01	\$65.00	
Tu	9/9-9/30	9:45A-10:45A
102700-02	\$65.00	
Tu	10/7-10/28	9:45A-10:45A
102700-03	\$49.00	
Tu	11/11-11/25	9:45A-10:45A

### ADULT TENNIS

(Ages 15 & up) See description for Middle School Tennis.

**102500-01** \$85.00

Th 9/25-10/30 7:00P-8:30P

### **CORE PERFORMANCE**

(Ages 18 & up) Class will focus on developing core strength and balance. Bring mat and water. Drop-in available. Instructor: MASE Training.

102520-01	\$121.00	
M,W	9/8-10/15	8:30A-9:30A
102520-02	\$110.00	
M,W	10/20-11/24	8:30A-9:30A
102520-03	\$121.00	
M,W	9/8-10/15	5:15P-6:15P
102520-04	\$110.00	
M,W	10/20-11/24	5:15P-6:15P

### **CORE & BODY SCULPT**

(Ages 18 & up) Class will focus on developing core strength and balance, plus toning and sculpting with weight training. Bring mat and water. Drop-in available. Instructor: MASE Training.

102585-01 \$121.00 M,W 9/8-10/15 6:15P-7:00P 102585-02 \$110.00 M,W 10/20-10/24 6:15P-7:00P

# **BLOOD PRESSURE CHECKS**

(Ages 18 & up) The Loudoun Hospital Mobile Care Unit will be at the center on the first and third Thursday.

Free event

1st 3rd Th 9/4-11/20 11:30A-12:00P

# **SENIOR PROGRAMS**

### SOCIAL SENIORS

(Ages 55 & up) Home cooked meals and socialization on the first and third Thursday. Occasional guest speakers.

Pay at door \$5.00

1st 3rd Th 9/4-1

9/4-11/20 12:00P-1:30P

# **MULTI-AGE PROGRAMS**

### LETTERBOX CLUB

(Ages 10-13) If you like hiking and exploring the outdoors, you will love Letterboxing!

Search for new "boxes" each meeting and record the found treasures in your journal. Create your own unique stamp, trail name, and journal. Wear tennis shoes/hiking boots. Bring water and dinner money. Lovettsville Elementary students may ride CASA bus to Community Center. Pick up at Blue Ridge MS at 3:45pm.

102502-01	\$25.00	
W	9/10-9/10	2:45P-7:00P
102502-02	\$25.00	
W	10/1-10/1	2:45P-7:00P
102502-03	\$25.00	
W	11/5-11/5	2:45P-7:00P
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### PARENT AND CHILD TENNIS

(Ages 6-16) Spend quality time together learning basic strokes and techniques, and how to play a game. Bring racquet and water. Instructor: Holly Smith-Flannery.

**102714-01** \$80.00 Th 9/25-10/30

9/25-10/30 5:15P-6:15P

### PIANO LESSONS

(All ages) Private 30-minute lessons on M, Tu, W. Limited lesson times available for ages 6 & up. Call or email lovcc@loudoun.gov. Instructor: Olive Johnson.

\$16 per lesson

### VIOLIN INSTRUCTION

(All ages) Private 30-minute lessons on Wednesdays. Limited lesson times available for ages 6 & up. Call or email lovcc@loudoun. gov. Instructor: Alice Tung.

\$22 per lesson

# LUCKETTS COMMUNITY CENTER

42361 Lucketts Road Leesburg, Va 20176 703-771-5281

M,Tu,Th 7:00A-9:00P

W,F 7:00A-6:30P Sa 9:00A-12:00P

Supply & material fees are payable to the instructor at the first class.

# TODDLER & PRESCHOOL AGE PROGRAMS

### LUNCH BUNCH AM PRESCHOOL

(Ages 4-5) This "four star" after school lunch program offers a healthy lunch, playtime and lots of fun.

**109101-01** \$10.00/class

W,F 9/10-11/21 11:30A-1:00P

# LUNCH BUNCH PM PRESCHOOL

(Ages 4-5) Meet your friends for a healthy

### **LUCKETTS COMMUNITY CENTER**

lunch, playtime and fun before setting off for PM preschool.

**109102-01** \$10.00/class

W,F 9/10-11/21 11:00A-12:30P

### STORY HOUR

(Ages 1½-5) Enjoy time with your child and other moms listening to stories, singing songs and making a craft.

\$20.00	
9/8-9/29	10:00A-11:00A
\$20.00	
10/6-10/27	10:00A-11:00A
\$20.00	
11/3-11/24	10:00A-11:00A
	9/8-9/29 \$20.00 10/6-10/27 \$20.00

### BALLET AND BOOKS W/MISS CAROL

(Age 3-5) Have fun learning the basics of ballet through a favorite childhood story. Performance on the last day. Instructor: Carol Whitmer.

109104-01	\$30.00	Teddy Bear Ballet
M	9/8-9/29	3:00P-3:45P
109104-02	\$30.00	A Cinderella Story
M	10/6-11/3	3:00P-3:45P
109104-03	\$30.00	The Nutcracker
M	11/17-12/8	3:00P-3:45P

### **TUMBLING TYKES**

(Ages 2-4) Channel your child's energy with this introduction to tumbling, balance beam, floor exercises and more.

\$15.00	
9/10 & 9/24	10:00A-10:45A
\$15.00	
10/8 &10/22	10:00A-10:45A
\$15.00	
11/5 &11/19	10:00A-10:45A
	9/10 & 9/24 \$15.00 10/8 &10/22 \$15.00

### MOMMY AND ME AND FALL FUN

(Ages  $1\frac{1}{2}$  -5) Summer's over...time for Fall fun with my Mom.

**109106-01** \$7.00

Tu 9/16-9/16 11:00A-12:00P

# SUPER SPORTS BROWN BAG

(Ages 3-6) We'll cover the basics of soccer, basketball and t-ball. Bring a bag lunch.

 109107-01
 \$42.00

 Th
 9/11-10/2
 11:30A-1:30P

 109107-02
 \$42.00

 Th
 10/9-10/30
 11:30A-1:30P

### PARACHUTE PLAY

(Age 1½-5) Your child learns about sharing and turn-taking while improving gross motor development.

**109108-01** \$22.00

M,Th	9/22-10/13	9:00A-9:45A
109108-02	\$22.00	
M.Th	10/20-11/10	9:00A-9:45A

### SPANISH FOR LITTLE ONES

(Ages 3-6) Join us and have fun with Spanish! Your child will be introduced to colors, every-day vocabulary and phrases through singing, play and dance.

**109109-01** \$32.00 Sa 9/27-10/18 9:00A-9:45A

### JUNIOR GOLFERS

(Ages 4-7) Your child will build confidence and have a great time with this introduction to the game of golf.

**109110-01** \$36.00 Sa 9/27-10/18 10:00A-11:00A

# MOMMY AND ME AND HALLOWEEN FUN

(Ages 1½ -5) Mommy and me have an awesome time with Halloween fun.

**109111-01** \$7.00

Tu 10/21-10/21 11:00A-12:00P

### SOCCER STARS

(Ages 3-6) Learn soccer in a non-competitive environment. Build confidence and strengthen gross motor skills.

**109112-01** \$36.00 Sa 10/25-11/15 10:00A-11:00A

### CRAFTY CREATIONS BROWN BAG

(Ages 3-6) Work on a new creation each week. In this session, we get ready for the holidays. Bring a bag lunch.

**109113-01** \$42.00

Th 11/6-11/20 11:30A-1:30P

# MOMMY AND ME GET READY FOR THANKSGIVING

(Ages 1½-5) Help Mom make a centerpiece for her table for this special day.

**109114-01** \$7.00

Tu 11/18-11/18 11:00A-12:00P

# **ELEMENTARY AGE PROGRAMS**

### MAGICAL MONDAYS

(Grades 1-5) Take the bus from Lucketts Elementary for afterschool fun. Enjoy snacks, homework time, free play, crafts and games.

109201-01	\$72.00	
M	9/8-9/29	2:40P-6:00P
109201-02	\$54.00	
M	10/6-10/27	2:40P-6:00P
109201-03	\$54.00	
M	11/10-11/24	2:40P-6:00P

### TOPNOTCH TUESDAYS

(Grades 1-5) See Magical Mondays.

\$90.00	
9/2-9/30	2:40P-6:00P
\$72.00	
10/7-10/28	2:40P-6:00P
\$54.00	
11/11-11/25	2:40P-6:00P
	9/2-9/30 \$72.00 10/7-10/28 \$54.00

### WACKY WEDNESDAYS

(Grades 1-5) See Magical Mondays.

109203-01	\$72.00	
W	9/3-9/24	2:40P-6:00P
109203-02	\$90.00	
W	10/1-10/29	2:40P-6:00P
109203-03	\$54.00	
W	11/5-11/19	2:40P-6:00P

### THRILLING THURSDAYS

(Grades 1-5) See Magical Mondays.

109204-01	\$72.00	
Th	9/4-9/25	2:40P-6:00P
109204-02	\$90.00	
Th	10/2-10/30	2:40P-6:00P
109204-03	\$54.00	
Th	11/6-11/20	2:40P-6:00P

# FREAKY FRIDAYS

(Grades 1-5) See Magical Mondays.

\$72.00	
9/5-9/26	2:40P-6:00P
\$90.00	
10/3-10/31	2:40P-6:00P
\$54.00	
11/7-11/21	2:40P-6:00P
	9/5-9/26 \$90.00 10/3-10/31 \$54.00

# AFTER K LUNCH BUNCH

(Ages 5-6) Take the bus from Lucketts Elementary for playtime, games and a healthy lunch.

**109206-01** \$10.00/class W,F 9/10-11/21 11:30A-1:00P

### **EDIBLE ART**

(Grades 1-5) Create whimsical works of art from edible art supplies.

**109207-01** \$45.00

Tu 9/23-10/7 2:45P-4:00P

# CLAY KIDS

(Grades K-2) This ancient art form provides a wonderful vehicle for creativity. Fired creations returned a few weeks after class. Instructor: Karen Freeman.

**109208-01** \$50.00 (+\$19 supplies) W 9/24-11/12 2:45P-4:00P

### CLAY'S THE THING

(Grades 3-5) Sculptures, pot, and whimsical creations all in clay. Fired projects returned a few weeks after class. Instructor: Karen Freeman

109209-01 \$65.00 (+ \$24 supplies) 9/24-11/12 4:30P-6:00P

### AFTER SCHOOL GOURMETS

(Grades 3-5) Prepare scrumptious snacks to feed after-school hunger pangs. An introduction to basic cooking techniques.

109210-01 \$45.00

10/2-10/23 2:45P-4:30P Th

### BALLET AND BOOKS W/MISS CAROL

(Ages 6-8) See description for Ages 3-5.

109211-01 \$30.00 A Cinderella Story M 10/06-11/3 4:00P-4:45P \$30.00 109211-02 The Nutcracker M 11/17-12/8 4:00P-4:45P

### CREEPY CUISINE

(Grades 1-5) Disgustingly delicious, yet wonderfully gross treats. You'll need a reservation for this one!

\$15.00 109212-01

10/28-10/28 Tu 2:45P-3:45P

# EVEN CREEPIER CREEPY CUISINE

(Grades 1-5) This class takes "Creepy Cuisine" to new heights (or lows!).

109213-01 \$15.00

10/30-10/30 Th 2:45P-3:45P

### DAY TRIP TO SKYLINE CAVERNS

(Grades 2-5) Enjoy your day off from school visiting Skyline Caverns with your friends.

109214-01 \$50.00

10/13-10/13 M 8:00A-6:00P

# MAKE IT MONDAY WORKSHOP

(Grades 1-5) Let your imagination soar! Make soaps, candles, stepping stones and more!!

109215-01 \$50.00/1st child; \$35/ea add'1 Μ 11/3-11/3 8:00A-6:00P

### TRAVELIN' TUESDAY

(Grades 1-5) Meet at Lucketts. Travel to Claude Moore Rec Center for a swim, then to Chuck E Cheese for more fun.

109216-01 \$50.00

Tu 11/4-11/4 8:00A-6:00P

# "THANKS" MOM CENTERPIECE

(Grades 1-5) Make a beautiful centerpiece for Mom to thank her for all that she does.

109217-01 \$15.00

Tu 11/18-11/18 2:45P-3:30P

### GIRLS JUST WANT TO HAVE FUN

(Grades 2-5) Girls, curls, polish and pizza! Treat yourself to an evening at the Lucketts "Beauty Salon".

109218-01 \$20.00

11/21-11/21 6:00P-8:30P

# **MIDDLE & HIGH SCHOOL AGE PROGRAMS**

### LUCKETTS HOMECOMING CLOSET

(Ages 14 & up) Find the perfect homecoming dress! Dresses and accessories will be given away for free. Open to all! Light refreshments served.

Free event

1:00P-3:00P 9/14-9/14 Su

### CAR TALK FOR TEENS

(Ages 16 & up) We'll cover everything you need to know before you get behind the wheel - from changing the oil to fixing a flat.

109302-01 \$12.00

10/5-10/5 2:00P-3:30P Su

### **MULTI -AGE PROGRAMS**

# BIRTHDAY PARTIES

(Ages 3-11) Book your theme-based birthday party and let us do all of the work. Call 703-771-5281 for details.

# **BODY GENESIS**

(Ages 18 & up) Body Genesis is a popular hour-long total fitness program executed to upbeat music. Instructor: Barbara Talbott.

109501-01 \$70.00 9/8-10/23 7:00P-8:00P M Th 109501-02 \$70.00

M,Th 10/27-12/11 7:00P-8:00P

### BODY SCULPTING VIA PILATES-BASED **TECHNIQUES**

(Ages 18 & up) Improve core strength, flexibility and balance. Program combines Pilatesbased movements with resistance training. Instructor: Peggy Leung.

109502-01 \$55.00

Tu 9/16-11/11 6:45P-7:45P

# YOGA-PILATES (YOGALATES)

(Ages 18 & up) Practice Hatha Yoga (Ashtanga Vinyasa) and Pilates for flexibility, core strength and a clear mind. Instructor: Peggy Leung.

109503-01 \$56.00

9/20-11/8 9:15A-10:30A

### SENIOR POT LUCK

(Ages 55& up) Great food! Wonderful folks! Bring a dish to share.

Free event

9/17,10/15,11/19 11:00A-1:00P W

# **QUILTING "BEE"**

(Ages 18 & up) For experienced and novices. Share ideas, tips and techniques. Discover what quilting is all about.

Pay at door \$3.00

M 9/22,10/27,11/24 7:00P-9:00P

### LUCKETTS LITERATI

(Ages 18 & up) Bibliophiles meet for lively, stimulating discussions. Call 703-771-5281 for current book title.

Pay at door

Th 9/25,10/23,11/20 7:30P-9:00P

### FIT MOMS

(Ages 18 & up) Get a great cardiovascular and strength workout with (or without) your baby. Babies six weeks and older are welcome.

109507-01 \$40.00

Tu,Th 9/16-10/9 9:30A-10:30A

109507-02 \$40.00

10/14-11/11 9:30A-10:30A Tu,Th

# **MIDDLEBURG COMMUNITY CENTER**

300 W. Washington Street, 3rd floor P.O. Box 888

Middleburg, VA 20118

540-687-6375 M, W, F 9:00A-6:00P

Tu, Th 9:00A-9:00P

Supply & material fees are payable to the instructor at the first class.

# **PRESCHOOL AGE PROGRAMS**

### CHALLENGER SOCCER

(Ages 3-5) Footwork drills, fundamental technical practices, coached competitive play, and fun with Challenger Sports British Soccer.

108100-01 \$67.00 Ages 4-5 W 9/10-10/29 1:15P-2:15P 108100-02 \$67.00 Ages 3-4 9/10-10/29 W 2:30P-3:30P

# CARTOONS AND PJ'S

(Ages 3-5) Join us for a night of fun in your favorite PJ's. Invite your friends! Small dinner included.

108101-01 \$15.00 Celebrating Fall

108101-02	\$15.00	Games Galore
F	11/14-11/14	6:30P-9:00P

### TINY DANCERS

(Ages 2-5) A ballet based creative movement class with custom made costumes and props. No class 11/4. Recital on 12/17 at 5:00P.

108102-01	\$275.00	Ages 2-3
Tu	9/16-12/16	11:00A-11:45A
108102-02	\$275.00	Ages 3-4
Tu	9/16-12/16	12:00P-12:45P
108102-03	\$275.00	Ages 4-5
Tu	9/16-12/16	1:00P-1:45P

### CHILDREN'S BOOK CLUB

(Ages 3-6) Books reviewed monthly. Discussions followed by an activity and snack. A great way to meet new friends and foster a love of reading! Hosts: Sam and Darcy Justen.

### Free

M 9/8, 10/6, 11/10 2:00P-4:15P

### MIDDLEBURG OPEN GYM

(Ages birth - 5 yrs.) Play and meet new friends. Parents and caregivers must accompany children.

### Free

F 10/3-5/1 10:00A-11:30A

### KINDERGYM

(Ages 18mos-3yrs) Introduces creative movement and development of gross motor skills while learning numbers, colors, shapes, and songs. Mom and Dads play too!

108109-01	\$140.00
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F 9/12-11/14 12:00P-12:45P

# KINDERMOTION

(Ages 3-5) Academics blended with floor gymnastics, fitness, and movement stimulate thought patterns and reflex actions.

108109-02	\$140.00	
F	9/12-11/14	1:00P-1:45P

# HELLO PONY

(Ages 2-6) Participants learn pony safety and grooming, take a ride, and make a souvenir. Child must be accompanied by an adult.

# **Location: Stonelea Farm**

Location: Stonelea Farm		
108115-01	\$25.00	
Tu	9/9-9/9	1:00P-2:00P
108115-02	\$25.00	
W	9/10-9/10	1:00P-2:00P
108115-03	\$25.00	
Tu	9/23-9/23	1:00P-2:00P
108115-04	\$25.00	
W	9/24-9/24	1:00P-2:00P
108115-05	\$25.00	

Tu	10/7-10/7	1:00P-2:00P
108115-06	\$25.00	
W	10/8-10/8	1:00P-2:00P
108115-07	\$25.00	
Tu	10/21-10/21	1:00P-2:00P
108115-08	\$25.00	
W	10/22-10/22	1:00P-2:00P
108115-09	\$25.00	
Tu	11/11-11/11	1:00P-2:00P
108115-10	\$25.00	
W	11/12-11/12	1:00P-2:00P

# **ELEMENTARY AGE PROGRAMS**

### **KIDS' CLUB 08-09**

(Grades 1-5) Ride the bus from Middleburg Elementary for games and activities. Drop-in and part-time available. Registration and child-care paperwork required.

508201-03	\$275.00	
M,Tu,W,Th,F	9/2-9/30	2:30P-6:00P
508201-04	\$275.00	
M,Tu,W,Th,F	10/1-10/31	2:30P-6:00P
508201-05	\$275.00	
M,Tu,W,Th,F	11/3-11/28	2:30P-6:00P

### BALLET AND JAZZ

(Ages 5-8) Boys and girls develop contemporary dance skills while engaging in vigorous exercise. Recital on 12/17 at 5:00P.

108201-01	\$275.00	Pre-Ballet (Age 5)
Tu	9/16-12/16	2:00P-2:45P
108201-02	\$275.00 Ba	llet/Jazz (Ages 6-8)
Tu	9/16-12/16	3:30P-4:15P

### PARENTS' NIGHT OUT

(Ages 5-12) We'll have games, arts and crafts, and a lot of fun. Invite your friends! Small meal included.

108203-01	\$15.00	Celebrating Fall
F	10/17-10/17	6:30P-9:00P
108203-02	\$15.00	Wii Tournament
F	11/14-11/14	6:30P-9:00P

### HORSING AROUND

(Ages 6 & up) Morning session covers the nature of horses and safety. Afternoon includes a tour of a local barn for grooming and riding lessons. Instructor: Sheri Conrad.

108205-01	\$50.00	
Tu	11/4-11/4	9:00A-2:00P

# HORSEBACK RIDING CAMP

(Ages 6-12) Spend your day off grooming, tacking, riding and learning about our equine friends.

**Location: Stonlea Farm 108209-01** \$60.00

M	11/3-11/3	9:00A-12:00P
108209-02	\$60.00	
Tu	11/4-11/4	9:00A-12:00P

### THEATER TUESDAY & THURSDAY

(Grades K-5) Participants make all props and present a stage performance at the Center. Take the bus from Middleburg Elementary. Instructor: Rick Conway.

108211-02	\$120.00	
Tu,Th	10/2-10/30	2:45P-6:00P
108211-03	\$120.00	
Tu,Th	11/11-11/25	2:45P-6:00P

### **ADULT PROGRAMS**

### **YOGA: AGE, RIDE & FEEL BETTER**

(Ages 18 & up) This class will help you become stronger and lighter, be more flexible with less pain. Instructor: Cheree Nichole.

108501-01	\$90.00	
M	9/8-11/3	5:30P-6:45F
108501-02	\$90.00	
Th	9/11-11/6	5:30P-6:45F

### BALLROOM DANCE

(Ages 18 & up) These moves, taught by Jason Conrad, will give you the confidence to try them on the dance floor.

108502-01	\$80.00	Waltz I
Tu	10/7-11/25	7:00P-8:00P
108502-02	\$80.00	Hustle II
Tu	10/7-11/25	8:00P-9:00P

### CHAIR YOGA

(Ages 18 & up) Experience exercise on a chair with stretching, breathing and laughter. It will change your life. Instructor: Christine Brooks.

108503-01	\$60.00	
Tu	9/16-10/21	8:30A-9:45A

# **ZUMBA**

(Ages 18 & up) Zumba fuses hypnotic Latin rhythms and easy-to-follow moves for a dynamic workout. Instructor: Stacey Chapman of Extreme Studios.

**108507-01** \$60.00 Th 10/2-10/30 6:30P-7:30P

# REGISTER ONLINE!

Visit

www.loudoun.gov/prcs and click on the Webtrac link.

# **PHILOMONT COMMUNITY CENTER**

36592 Jeb Stuart Road Philomont, VA 20131 540-338-5882 M-F 8:30A-6:00P

Supply & material fees are payable to the instructor at the first class.

# **PRESCHOOL AGE PROGRAMS**

### **LUNCH BUNCH**

(Ages 2-3) Bring your friends and enjoy a day of activities while Mom has time for a few more chores. Bring a bagged lunch.

111101-01	\$10.00	
Th	10/2-10/2	11:30A-12:30P
111101-02	\$10.00	
Th	10/16-10/16	11:30A-12:30P
111101-03	\$10.00	
Th	11/6-11/6	11:30A-12:30P
111101-04	\$10.00	
Th	11/13-11/13	11:30A-12:30P
111101-05	\$10.00	
Th	11/20-11/20	11:30A-12:30P

### **LUNCH BUNCH**

(Ages 3-5) Bring your friends and enjoy a day of activities while Mom has time for a few chores. Bring a bagged lunch

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111102-01	\$15.00	
W	9/17-9/17	12:00P-1:30P
111102-02	\$15.00	
W	10/1-10/1	12:00P-1:30P
111102-03	\$15.00	
W	10/15-10/15	12:00P-1:30P
111102-04	\$15.00	
W	10/29-10/29	12:00P-1:30P
111102-05	\$15.00	
W	11/5-11/5	12:00P-1:30P
111102-06	\$15.00	
W	11/19-11/19	12:00P-1:30P

### DANCE STEPS

(Ages 3 ½-5) Ballet, tap and creative movements with emphasis on fun and motor skill development.Instructor: Connie McCrary.

111103-01	\$16.00	
Th	9/18-9/25	12:30P-1:15P
111103-02	\$40.00	
Th	10/2-10/30	12:30P-1:15P
111103-03	\$24.00	
Th	11/6-11/20	12:30P-1:15P

# KIDS' PLAYTIME

(Ages 3-4) Need an extra hour? Pack your child a lunch for after-preschool fun.

111104-01	\$10.00	
M	9/15-9/15	12:00P-1:00P
111104-02	\$10.00	
M	10/6-10/6	12:00P-1:00P
111104-03	\$10.00	
M	11/10-11/10	12:00P-1:00P

### **MUSIC MADNESS!**

(Ages 2-5) Children can release energy through preschool jam sessions, parades, songs, music and dance!

111105-01	\$10.00	
Th	9/4-9/4	11:30A-1:00P
111105-02	\$10.00	
Th	9/25-9/25	11:30A-1:00P
111105-03	\$10.00	
Th	10/9-10/9	11:30A-1:00P
111105-04	\$10.00	
Th	10/16-10/16	11:30A-1:00P
111105-05	\$10.00	
Th	11/6-11/6	11:30A-1:00P

### PRESCHOOL DISCOVERY

(Ages 3-5) Introduce your preschooler to new mediums. Please send bag lunch.

111106-01	\$15.00	Cupcake Party
Tu	9/16-9/16	11:30A-12:30P
111106-02	\$15.00	Halloween Treats
Tu	10/7-10/7	11:30A-12:30P
111106-03	\$15.00 Pu	mpkin Decorating
Tu	10/21-10/21	11:30A-12:30P
111106-04	\$15.00	Sponge Painting
Tu	11/18-11/18	11:30A-12:30P
111106-05	\$15.00 P	ilgrims & Indians
Tu	11/25-11/25	11:30A-12:30P

# MOMMY AND ME WITH CASPER

(Ages 2-5) Enjoy spooky games, free play, face painting and Halloween stories with Mom and friends.

111107-01	\$10.00	
M	10/20-10/20	12:00P-1:00P

### MOMMY AND ME THANKSGIVING

(Ages 2-5) Celebrate turkey time with stories, games and a simple craft with mom.

111108-01	\$15.00	
M	11/24-11/24	12:00P-1:00P

# MOM AND TOTS TRIP DAYS

(Ages 2-5) Kids and parents travel for new experiences and fun! Dress appropriately and bring a bag lunch. Price includes admission.

111109-01	\$25.00 Pick	-Your-Own Farm
F	9/5-9/5	10:00A-2:00P
111109-02	\$25.00	Pumpkinville
F	10/3-10/3	10:00A-2:00P

111109-03 \$25.00 Heritage Farm Museum F 11/7-11/7 10:00A-2:00P

# **ELEMENTARY AGE PROGRAMS**

### AFTERSCHOOL KIDZ CLUB

(Ages 6-11) Ride the bus after school from Banneker Elementary for music, fitness, creativity, in/outdoor games, and Friday "at the movies". Snack not included.

111202-01	\$300.00	
M,Tu,W,Th,F	9/2-9/30	3:00P-5:45P
111202-02	\$300.00	
M,Tu,W,Th,F	10/1-10/31	3:00P-5:45P
111202-03	\$300.00	
M,Tu,W,Th,F	11/5-11/28	3:00P-5:45P

## DANCE STEPS

(Ages 5-8) Ballet, and creative movement with emphasis on fun and motor skill development. Instructor: Connie McCrary.

111203-01	\$27.00	
M	9/15-9/29	4:30P-5:30P
111203-02	\$36.00	
M	10/6-10/27	4:30P-5:30P
111203-03	\$27.00	
M	11/10-11/24	4:30P-5:30P

### NO SCHOOL PUMP IT UP

(Ages 6-11) Travel to "Pump It Up" for a day of moon bounce fun with new friends. Bring a bag lunch.

111204-01	\$40.00	
M	11/3-11/3	10:00A-2:00P

# GRANNY, POPPY & ME TEA PARTY

(Ages 6-11) Enjoy quality time, tea, crumpets, and more with your grandparents. Grandparents are FREE!

111205-01	\$10.00 per child	
M	9/8-9/8	3:00P-4:15P

# **CREEPY CUISINE CLASS**

(Ages 6-11) Create gooey, icky spiders and monster toes! Impress your friends with these truly gross and deliciously devine treats. 111207 01 \$12.00

111200-01	\$12.00	
Tu 1	10/28-10/28	3:00P-5:00P

## NO SCHOOL ICE SKATING

(Ages 6-11) Travel to Franklin Park for ice skating and fun. Bring a bag lunch.

111207-01	\$40.00	
W	11/26-11/26	10:00A-2:00P

(Ages 4-11) Leave your children with us while you enjoy a night out. Dinner provided and

PARENT'S NIGHT OUT

### PHILOMONT COMMUNITY CENTER

other activities planned. 111208-01 \$20.00 Th 9/18-9/18 6:00P-8:30P 111208-02 \$20.00 Th 10/16-10/16 6:00P-8:30P 111208-03 \$20.00 Th 11/20-11/20 6:00P-8:30P

# STERLING COMMUNITY CENTER

120 Enterprise Street Sterling, VA 20164 **703-430-9480** 

Fax: 703-421-3118

M-F 9:00A – 9:00P, Sa 9:00A – 5:00P

Supply & material fees are payable to the Instructor at the first class

Call for room rentals!

# **PRESCHOOL AGE PROGRAMS**

### PRE K FUN

(Ages 3½-5) Get your preschooler ready for Kindergarten in a safe, healthy learning environment. Register ONLY at the Center. Informational meeting August 12 from 7:00-8:00P. Call to RSVP. No Class 11/11, 11/27.

**103110-01** \$240.00/a month Tu,W,Th 9/2/08-6/11/09 9:00A-12:00P

### MY FIRST REFRIGERATOR ART

(Age 2) Watch your child create works of art to hang in your refrigerator art gallery!

103103-01	\$25.00	
M	9/8-9/29	9:15A-10:00A
103103-02	\$25.00	
F	9/12-10/3	9:15A-10:00A
103103-03	\$25.00	
M	10/20-11/10	9:15A-10:00A
103103-04	\$25.00	
F	10/24-11/14	9:15A-10:00A

### CRAFTING KIDS

(Ages 3-5) Six weeks of fun themed arts and crafts! Sign up for your favorite or all six!

103104-01	\$6.00Sum	\$6.00Summer Memory Frames	
M	9/8-9/8	10:15A-11:00A	
103104-02	\$6.00	Fall Leaves	
M	9/22-9/22	10:15A-11:00A	
103104-03	\$6.00	Spiders & Ghosts	
M	10/6-10/6	10:15A-11:00A	
103104-04	\$6.00	Pumpkins & Trick or Treat Bags	
M	10/20-10/2	0 10:15A-11:00A	
103104-05	\$6.00	Scarecrow Art	

### STERLING COMMUNITY CENTER

M 11/3-11/3 10:15A-11:00A **103104-06** \$6.00 Tom & Tina Turkey M 11/17-11/17 10:15A-11:00A

### **BOOGIE BABIES**

(Ages 18mos-3yrs) Boogie down in this parent/child music and movement class. Play instruments, sing songs, and dance!

	0 0 .	
103105-01	\$25.00	
F	9/12-10/3	10:15A-10:45A
103105-02	\$25.00	
F	10/24-11/14	10:15A-10:45A

### **FUN BEFORE PRESCHOOL FOR 2'S**

(Age 2) Learn ABCs and 123s through games, crafts, music and more with Ms. Lisa!

103106-01	\$30.00	
F	9/12-10/3	11:00A-12:00P
103106-02	\$30.00	
F	10/24-11/14	11:00A-12:00P

# **PRESCHOOL SPORTS**

### KINDERDANCE\*

(Ages 3-5) Kinderdance® emphasizes Ballet, Tap, Acrobatics, and Creative Dance while blending educational concepts. No class 10/11, 10/13.

103124-01	\$112.00	
Sa	9/13-11/8	11:00A-11:55A
103124-02	\$85.00	
M	9/8-10/20	11:00A-11:55A

### KINDERGYM\*

(Ages 3-6) May be strenuous. Floor gymnastics program with emphasis on social and gross motor development, fitness, and movement, while learning numbers, colors, shapes and words. No class 10/11, 10/13.

103125-01	\$100.00	
Sa	9/13-11/8	9:30A-10:00A
103125-02	\$75.00	
M	9/8-10/20	9:30A-10:00A

# KINDERTOTS\*

(Age 2) May be strenuous. Toddlers explore their bodies and expand their minds with gross motor development to nursery rhymes! No class 10/1, 10/13.

\$100.00	
9/13-11/8	10:15A-10:45A
\$75.00	
9/8-10/20	10:15A-10:45A
	9/13-11/8 \$75.00

# **ELEMENTARY & MIDDLE SCHOOL AGE PROGRAMS**

# ASPIRING ARTIST

(Ages 6-8) Let your child explore his or her

own creativity using paint, clay, mosaics, and more!

703-430-9480

10:00A-1:30A

103200-01	\$30.00	
Th	9/11-10/2	3:00P-4:00P
103200-02	\$30.00	
Th	10/23-11/13	3:00P-4:00P

### ODYSSEY OF THE MIND

(Ages 7-13) Creative? Like Acting? Come to this meeting and learn about Odyssey of the Mind (long term problem solutions, spontaneity, and more). Contact Coach Megan with questions.

103702-01	Free	
F	9/12-9/12	4:00P-6:00P

# **MULTI-AGE PROGRAMS**

### **ESL**

M.W

(Ages 18 & up) A conversational circle to practice English, meet new people, share cultures and learn. Begins 9/22. Instructor: Mr. Burt.

\$30.00 supply fee

# Conversational

Basic	8 8	
M,T,W,Th	on-going	12:00P-1:30 P

on-going

# SCRAPBOOKING CLUB

(Ages 16 & up) Need a place to share ideas, or a spacious environment to scrapbook? Members meet monthly to share ideas. Also see "SCRAPBOOK DROP-IN"!

P
P
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)

# **CAKE DECORATING**

(Ages 16 & up) Learn about different tools, how to make icing flowers, and more! Materials list given out at first class.

103502-01	\$45.00	
W	9/3-10/1	6:30P-8:30P
103502-02	\$45.00	
W	10/22-11/19	6:30P-8:30P

# BELLY DANCING

(Ages 16 & up) American Tribal Style Belly Dance is an empowering, low impact, full body workout. Finger cymbals are required (details provided at first class).

103504-01	\$56.00	
Th	9/18-11/6	7:00P-8:00F

### **BEGINNING HATHA YOGA**

(Ages 18 & up) May be strenuous. Build

### STERLING COMMUNITY CENTER

### 703-430-9480

strength, flexibility, balance, and meditation
skills. Wear comfortable clothes. No Class
11/11. Instructor: Ms. Cindy.

103510-01	\$40.00	
Tu	9/2-9/30	9:15A-10:15A
103510-02	\$40.00	
W	9/3-10/1	7:00P-8:00P
103510-03	\$40.00	
Tu	10/14-11/18	9:15A-10:15A
103510-04	\$40.00	
W	10/15-11/12	7:00P-8:00P

### PARENT/CHILD YOGA

(Ages 4 & up) Yoga is a fun and healthy activity that families can enjoy together. Wear comfortable clothes.

103703-01	\$56.00	Parent
Th	9/4-10/2	10:30A-11:15A
103703-02	Free	1st Child
Th	9/4-10/2	10:30A-11:15A
103703-03	\$20.00	Additional Child
Th	9/4-10/2	10:30A-11:15P
103703-04	\$56.00	Parent
Th	10/16-11/13	10:30A-11:15A
103703-05	Free	1st Child
Th	10/16-11/13	10:30A-11:15A
103703-06	\$20.00	Additional Child
CENT		
Th	10/16-11/13	10:30P-11:15P

# **DROP-IN PROGRAMS**

## SCC DROP-IN ACTIVITIES CARD

(All ages) Purchase a SCC drop-in activities card for use with Tot Drop-In, Indoor Playground, Saturday Sports Drop-In, and Adult Volleyball. Good for 10 visits with 11th visit FREE!

**103700-01** \$25.00

# TOT DROP IN

(Ages 5 & under) Enjoy riding toys, balls, slides, and our horse, Stella, in the gym. Kids are FREE! No Tot Drop-In 11/26, 11/28.

Pay at door \$2.50/adult

W,F 9/3-11/21 9:30A-11:00A

# INDOOR PLAYGROUND

(Ages 5 & under) We'll have riding toys, balls, slides, and a MOON Bounce in the gym. Kids are FREE!

103101-01	\$2.50/adult	
F	9/12-9/12	5:00P-7:00P
103101-02	\$2.50/adult	
Sa	9/13-9/13	9:30A-11:30A
103101-03	\$2.50/adult	
F	9/26-9/26	5:00P-7:00P
103101-04	\$2.50/adult	
Sa	9/27-9/27	9:30A-11:30A

<b>103101-05</b> F	\$2.50/adult 10/24-10/24	5:00P-7:00P
103101-06	\$2.50/adult	
Sa	10/25-10/25	9:30A-11:30A
103101-07	\$2.50/adult	
F	11/14-11/14	5:00P-7:00P
103101-08	\$2.50/adult	
Sa	11/15-11/15	9:30A-11:30A

### SATURDAY FAMILY SPORTS DROP-IN

(Ages 5 & under) The gym will be set up with equipment for soccer, basketball, t-ball, football and more! Kids are FREE!

103102-01	\$2.50/adult	
Sa	9/20-9/20	9:30A-11:30A
103102-02	\$2.50/adult	
Sa	10/4-10/4	9:30A-11:30A
103102-03	\$2.50/adult	
Sa	10/18-10/18	9:30A-11:30A
103102-04	\$2.50/adult	
Sa	11/1-11/1	9:30A-11:30A
103102-05	\$2.50/adult	
Sa	11/8-11/8	9:30A-11:30A
103102-06	\$2.50/adult	
Sa	11/22-11/22	9:30A-11:30A

# SCRAPBOOKING DROP-IN

(Ages 16 & up) Drop in to share ideas, trade material, and more! Also see "SCRAPBOOKING CLUB"! No drop-in 10/11, 11/29.

**103701-01** \$5.00

Sa 9/27-11/29 12:00P-4:45P

# SENIORS ON THE MOVE!

(Ages 55 & up) Drop in and get walking! Work out at your own pace to music and track your distance. Socialize while shaping up! No drop-in 10/13.

Free

M 9/8-11/24 9:30A-11:30A

# **CRAFT SAVVY SENIORS**

(Ages 55 & up) Bring your own project to work on or buy a SCC arts and crafts project kit. Call for kit prices. No drop in 10/13.

Free

9/8-11/24 1:30P-3:30P

# ADULT DROP-IN VOLLEYBALL

(Ages 18 & up Co-ed) **Pay at door** \$2.50

Tu,Th on-going 7:00-9:00P

# DROP-IN BASKETBALL

(Ages 16 & up Co-ed)

Free

W on-going 7:00 - 9:00P

# Have Any Questions? Give Us A Call!

### **Administrative Office**

Main Number	703-777-0343
TTY/for deaf or hearing impaired TeleTrac	

# **Programs and Services**

Adaptive Recreation	703-737-8042
Adult Day Care Services	703-771-5334
	571-258-3402
After School Programs	
CASA	703-737-8042
YAS	703-777-0343
Area Agency on Aging	703-777-0257
Camp Programs	703-737-8042
Facilities Planning & Developm	nent703-777-0343
Sports, Youth and Adult	703-777-0343
Sports Postponement/Cancella	ation. 703-777-0456
Youth Services	703-777-0343

### **Centers and Parks**

Banshee Reeks703-669-0316
Bluemont Community Center 540-554-8643
Carver Center571-258-3400
Claude Moore Community Center 571-258-3500
Claude Moore Park571-258-3700
Claude Moore Recreation Center 571-258-3600
Douglass Community Center703-771-5913
Dulles South Multipurpose Center
571-258-3456

Dulles South Senior Activity Center. 571-258-3883
Franklin Park540-338-7603
Franklin Park Arts Center540-338-7973
Loudoun Heritage Farm Museum 571-258-3800
Loudoun Valley Community Center . 540-338-4122
Lovettsville Community Center 540-822-5284
Lucketts Community Center703-771-5281
Middleburg Community Center 540-687-6375
Philomont Community Center540-338-5882
Potomack Lakes Sportsplex703-444-1459
Senior Activity Center at Leesburg 703-737-8039
Senior Center at Cascades703-430-2397
Sterling Community Center703-430-9480



# County of Loudoun Parks, Recreation & Community Services Activity Registration

Enrollment for classes or activities is on a first come, first served basis. Your complete credit card information or check made out to "County of Loudoun" must accompany this form at the time of registration. Do not send cash in the mail. Licensed programs, camps and special recreation programs require additional forms and/or on-site registration. Consult program description for details on how and where to register. One registration form can be used for multiple members in a household. Non-county residents will be assessed an additional 50% of fees. Send mail-in registrations at least 1 week before start day to: Loudoun County PRCS, 215 Depot Court SE, Leesburg, VA 20175, <u>ATTN: Registration</u>. For more information, call **703-777-0343**.

HOUSEHOLD INFORMATION	NC	Driver's License # or			DOB				
Mother/Guardian Or Adult Participant (18	0	SS :			_SS # Driver's License # or		OR		
Father/Guardian	& over)				SS #	r	OR		
	ncc	55#			DOB				
City	C33			- 14	State	Zip			
:-mail Address					oudoun (	County Residentye	s nn		
Home Phone					Coll Phon	eye.	3		
Nork Phone					Panor				
Employer Name & Address					uger				
Emergency Contact Name (						Phone #			
Emergency Contact Name (	2)					Phone #Phone #			
- 100 <b>3</b> 510 <b>3</b> 5 110 110 110 110 11	- 6					- 7,741.5 (			
accomm PARTICIPANT (S) INFORM	ATION	order to parti	icipate, please o	contact the ma	in PRCS	lying with the Americans with office 10 days prior to the star	t of the activit	y.	•
Family Member's Name			Grade/Age			Activity Name			Fee
EXAMPLE: John mith	M	5-2-93	3 <sup>rd</sup> /9	421745	01	Soccer Camp, half-da	y 6/24	9:00a	\$135
								4.5	
				525.73		TOTAL ACTIVI			_
PRCS Newsletter/flyer  PARTICIPANT AGREEMENT wish to register my child(ren) a egistering for a specific activity Department of Parks, Recreation to provided by the County of L	deOther Other ind/or mysell I am repres n and Commoudoun. I un	Newspaper (Please list for the activit enting that I ununity Service derstand that y PRCS to use	Radio source): ty(ies) listed above inderstand the policy in the response in	or TV  ve. I recognize ossible risks into the mums will be a	OR EV Count that all cla folved with participant	re Payable to Instructor ENT(S)!  ty web site Word of  sses and activities of a physical this type of activity. Furthermore when he/she is traveling to and determine whether or not the activity in order to increase.	mouth	some risk a that Loudo vity via tran ald. Also, b	and, by un Coun sportation y signing
Signature of Parent/G			CY T S .				D	ate	
For mail-in credit card payme Name as it appears on Cre Credit Card Account Numl	dit Card _	complete the	rollowing:	Sig.		of Cardholder on Date *must include for pro	ocessina		
Credit Card Type (Check C		1	MasterCard	To	tal Amou	unt of Fees Charged	3		

PLEASE **DO NOT FAX** REGISTRATIONS. If you have previously registered your household with PRCS, you can use your household ID# to register with **Teletrac** at **703-443-9338** or with **Webtrac** at www.loudoun.gov/prcs.

# LOUDOUN COUNTY DEPARTMENT OF PARKS, **RECREATION AND COMMUNITY SERVICES**

215 Depot Court, SE Leesburg, VA 20175 Ph: 703-777-0343 • Fax: 703-771-5354 TTY/ Hard of Hearing: 703-771-5352 Monday-Friday • 8:30 am - 5:30 pm

El Departamento de Parques, Recreación y Servicios a la Comunidad puede brindarle asistencia en Español. Por favor, llame al 703-777-0343 y solicite un intérprete.

Our mission is to enhance the quality of life of all Loudoun County citizens by creating diverse recreational, educational, cultural, fitness, human service and environmental opportunities while managing our natural resources. This activity guide highlights the programs, classes and events scheduled

from September 1, 2008 is designed with you and your your comments and sugges-703-777-0343 or visit us at

through November 30, 2008. It family in mind. We appreciate tions. Please feel free to call www.loudoun.gov/prcs.



AND COMMUNITY SERVICES

215 Depot Court, SE Leesburg, VA 20175



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